



Council tax to rise as district accepts 'unfair' funding deal from government

SOUTH Somerset residents will see a rise in their council tax after the district council "reluctantly" accepted a four-year settlement of central government grants.

Discussions with the Department for Communities and Local Government over funding made clear that

by Peter Hodges
 peter@viewnews.co.uk

all four years of the settlement had to be accepted and that under no circumstances would any authority be better off by rejecting the offer.

The Minister for Local Government, Marcus Jones, has indicated that he hopes to add more to the offer for those authorities that accept.

Councillor Ric Pallister, South Somerset District Council (SSDC) leader, slammed the choice given to the district to choose one of "two wrong answers".

Councillor Pallister said: "The council was given two choices by the government and neither was right or fair to the council tax payers of South Somerset.

"In deciding whether or not to take the four-year offer, members were faced with two wrong answers and it was with enormous reluctance that we voted for financial certainty.

"Members of all parties were united in their condemnation of the impossible position the government had placed us in but, finally, the vote showed a solid, but very reluctant, majority to take the offer.

"This was on the basis that the government had made it clear that we

would not be allowed to be financially better off if we refused.

"An all-party group met with Marcus Jones, the Minister for Local Government, who was sympathetic to our arguments and our situation but reiterated that the four-year offer would not be amended."

Agreement to the settlement will leave the council with a negative Revenue Support Grant (RSG) in the fourth year 2019/20 when £330,000 from local taxation will be returned to the government for redistribution to other authorities.

Donna Parham, SSDC's assistant director for finance and corporate services, acknowledged in her report to the council that the negative RSG in the fourth year will affect local council tax payers unfairly, but recommended acceptance of the terms on the grounds that this would at least give certainty to financial planning.

She said that unexpected reductions usually meant the use of balances and reserves to avoid making snap decisions on cuts to budgets.

South Somerset's Efficiency Plan outlines efficiency measures and savings to be made by the council over the four-year period through staff reductions, income generation, strategic alliance with neighbouring Sedgemoor District Council, and management of procurement, assets and resources.

Councillor Pallister finished: "At the council meeting, no-one accepted the principle of the double taxation that will be caused by raising council tax in order to pay the government and we will continue the fight for a fairer settlement for our residents."



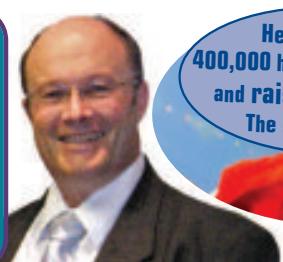
CREWKERNE GETS BEHIND WORLD SIGHT DAY - SEE PAGE 8

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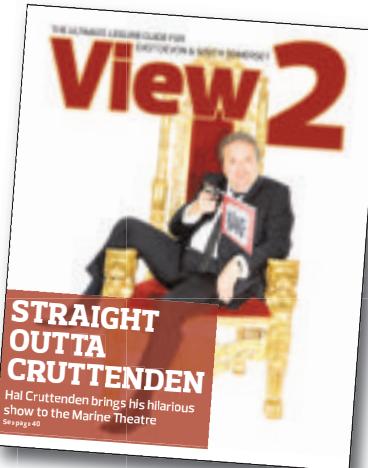
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View 2

The ultimate leisure guide for East Devon & South Somerset

- **Hal Cruttenden: Straight Outta Cruttenden**
- **What's on at The Beehive**
- **Panto read-throughs in Seaton**
- **A Very Victorian Christmas at World of Country Life**
- **Plus diary listings and more!**

SEE PAGES 37-40



PEOPLE IN THE NEWS Quotes of the week...



SOUTH SOMERSET: Lucy Watson, Somer-set Clinical Commissioning Group's Director of Quality and Patient Safety, has retired from the NHS after 40 years



HONITON: Luke Gouldson scooped four prizes including the Governor's Cup at Honiton Community College's annual awards evening for years 7-9



AXMINSTER: Maisy Trott won the draw for a drumming session at Axminster Library after completing its summer reading challenge



CREWKERNE: Jo Lyons, the mayoress, took a blindfold challenge around town to help the local Lions Club highlight World Sight Day

“

This is terrible and heart-breaking news for the workers and their families, and the ripple effects for the wider West Country economy will be painful in the extreme.

Heathcliffe Pettifer, Unite union regional officer, after redundancy notices were issued for 221 jobs at the helicopter mainframe-making GKN plant in Yeovil

“

My disability is just a state of mind. I want to encourage everyone to have dreams and actually make them happen.”

‘Britain’s first disabled strongman’, Chard local Gary Clarke, who has cerebral palsy, in a presentation to sports students at Holyrood Academy

“

To be awarded a Silver Gilt at our first attempt is a tremendous achievement and I am really pleased.”

Ursula Makepeace, president of the local horticultural society, after Beer was national runner-up in the Large Village category at the RHS Britain in Bloom Awards

“

HARRY (pictured) and his brother GARFIELD who is ginger & white, are lovely 10 month old brothers who are staying at our foster home in Poltimore.

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NOVA is a beautiful 8 month old tortie & white girl who needs a special home. She is staying in Seaton.

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We also have several adorable kittens who are now ready to go to safe caring homes

For more details please call Jassy on 01884 277929 or Carole on 01392 461279

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- **HEALTH & WELLBEING:** Pages 17-21
- **HOMES & GARDENS:** Pages 22-27
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VIEW THIS
WEEK**

SPORT angling

ELEVEN Ilminster AA members fished round two of the V.E.S. Precision league on a very low and clear River Isle on Sunday.

Despite the temperature dropping over the last few days, the leading weights were still good but the majority of anglers struggled for bites.

Baz Morgan, fishing the pole and caster, had a lovely day in peg 120 at Isle Brewers, catching dace, chublets and roach for 16lb 3oz and a comfortable win.

Rob Cox was second with three big chub weighing 9lb 4oz from peg 108 on the pole and caster, with all his fish coming in the last hour.

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HARRY (pictured) and his brother **GARFIELD** who is ginger & white, are lovely 10 month old brothers who are staying at our foster home in Poltimore.

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TOP STORIES FROM ACROSS EAST DEVON AND SOUTH SOMERSET

EAST DEVON MP's rallying call

MP NEIL Parish has slammed the NEW Devon Clinical Commissioning Group as more local hospitals are set to lose their beds.

Speaking at a Westminster Hall debate concerning healthcare provision in Devon, Mr Parish gave an impassioned defence of keeping inpatient beds open in Devon.

Inpatient beds in Devon are currently undergoing a consultation period, as healthcare chiefs aim to slash the region's healthcare spending.

It is predicted that by 2020 NEW Devon CCG could have a deficit of more than £400million and the 'Success Regime', has been set-up to claw some of the money back.

Neil Parish gave a rallying call to fellow MPs at the meeting, including East Devon MP Sir Hugo Swire who had secured the debate.

Mr Parish said: "I really feel that all our MPs across the whole of Devon need to unite, because over the last two years the number of beds in our community hospitals has been halved."

AXMINSTER Raymond's Hill residents against chicken farm plans

A GROUP of residents in Raymond's Hill have banded together to fight a planning application for an industrial sized chicken farm – which would block views of Golden Cap.

Earlier this year, an application for a large free range poultry unit on the same site was withdrawn following overwhelming public objection. In both cases the applicant has included a 'temporary' dwelling adjacent to the industrial units.

The site, south east of Red Lane, is proposed to have access by articulated lorries from the A35, a well-known accident blackspot.

The planning application reference number is 16/2197/FUL and can be found on the district council's website in the planning section.



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From the editor's chair

MPs fighting for Devon beds

WHEN moves to shut down the beds at Axminster Hospital were first suggested and the public consultation started there was a feeling in the town that it was a foregone conclusion and the NEW Devon CCG were just going through the motions. They have, and will, deny this strongly.

There was a certain inevitability about the whole process and the people of Axminster felt they had been treated poorly throughout the process.

It would seem that local MP Neil Parish had a similar opinion and in the Palace of Westminster last week he pointed the finger at an NHS official, quoting her as saying: "We have made the decision, we know best and we will overrule anybody who says any different."

Unfortunately, Mr Parish attributed that arrogant quotation to the present Lead Chief Executive of the CCG's Success Regime, Angela Pedder, who at the time was Chief Executive of the Royal Devon and Exeter Hospital and had nothing to do with the decision at all.

The NEW Devon CCG have issued a statement this week saying Mr Parish's information was incorrect. No doubt he will withdraw it.

It matters little, however. The anger over the closure of community beds across East Devon remains extremely strong and Mr Parish's Westminster colleague, Sir Hugo Swire, is equally

unhappy with how the whole question has been addressed.

Speaking in a debate on healthcare provision in Devon, Sir Hugo warned Health Minister Philip Dunne that Devon MPs were a "quiet bunch" (since when?) but they would fight "tenaciously" to protect the livelihoods of their constituents. We would expect no less of them.

Sir Hugo made a great play, quite rightly, in highlighting the many millions of pounds that had been raised locally across East Devon to make their hospitals more comfortable and better equipped.

This was a theme I wrote about in this column when Axminster was fighting to retain its beds, asking what would happen to the many items of equipment that had been acquired through voluntary effort.

Would they end up in the RD&E, or would the money be returned to the communities (fat chance of that happening)?

No one underestimates the challenges faced by NHS officials in these difficult times, but arrogant comments highlighted by Mr Parish, no matter who said them, only goes to reinforce the view of many that there was never any chance of saving the beds, so why spend so much time, effort and cost on pretending otherwise?

PHILIP EVANS

OTTERY ST MARY Planning inspector says 'yes' to quarry

ISSUES surrounding the proposed Straitgate Quarry in Ottery St Mary continue to rumble on after a planning inspector endorsed the site as part of the Devon Minerals Plan.

Despite concerns raised from residents, Devon Highways and the Environment Agency, the planning inspector's report stated that a 100-acre sand and gravel quarry at Straitgate Farm should be given the go ahead as a preferred area for quarrying to take place in the county.

In the report on the examination into the Devon Minerals Plan, the inspector wrote: "Devon Minerals Plan satisfies the requirement of Section 20(5) of the 2004 act and meets the criteria for soundness in the National Planning Policy Framework."

The Straitgate Action Group's said: With hundreds of consultation responses comprehensively ignored over the last four years, Aggregate Industries and the other mineral companies may as well have written the plan themselves."

SEATON Jurassic centre second in UK poll

SEATON Jurassic has scooped the runner-up spot in the category of 'Best UK Day-out for Families' at the annual Family Traveller Awards.

Owned by East Devon District Council and operated by the Devon Wildlife Trust, Seaton Jurassic has welcomed an estimated 35,000 visitors through its doors in its first six months since it was opened by HRH the Princess Royal.

The Family Traveller Awards are an annual set of awards presented within 25 different categories ranging from 'Best Family Theme Park' to 'Best Family Festival' and everything in between.

Despite this being Seaton Jurassic's first year of operation, it beat of hundreds of competitors to be named second only to the Royal Zoological Society's Whipsnade Zoo in the coveted 'Best UK Day-out for Families' award.

Clr Paul Diviani, Leader of East Devon District Council, said: "This award comes just a few months since Seaton Jurassic has opened and it's testament to the great team we have working there that families are coming back to visit again and again. Long may it continue."

SOUTH SOMERSET Council tax to rise as district accepts 'unfair' funding deal from government

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Agreement to the settlement will leave the council with a negative Revenue Support Grant (RSG) in the fourth year 2019/20 when £330,000 from local taxation will be returned to the government for redistribution to other authorities.

Councillor Pallister finished: "We will continue the fight for a fairer settlement for our residents."

COLYTON Grammar students in National Citizenship programme

DURING the summer holiday, Millie Drew and Hannah Barton, both Year 12 students at Colyton Grammar School, spent three weeks taking part in the National Citizenship Service (NCS) programme.

Millie and Hannah recently attended a graduation ceremony, receiving a certificate signed by the Prime Minister and entry to the NCS graduate programme.

NCS is a charity that aims to develop skills in leadership, confidence and independence.

HONITON Lee gets new wheels

A 17-YEAR-OLD with cerebral palsy from Offwell will soon be able to get out and about in comfort and safety in his local community thanks to the donation of a specialist buggy.

Lee Burch, has a type of cerebral palsy affecting his muscles, as well as the brain condition polymicrogyria which inhibits learning development.

He is cared for by his guardian Emily-Jayne Costa-Brennan, who has looked after him since he was eight.

The donation of the specialist buggy came from Newlife Foundation for Disabled Children, working in partnership with Marks & Spencer.



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Union calls for redundancies decision at GKN to be reversed

THE country's largest union has said that the government's new industrial strategy needs to kick in immediately, as 221 employees at the Yeovil GKN plant are set to be made redundant.

Unite said last week that Prime Minister Theresa May's industrial strategy needed "flesh put on the bones double quick" or thousands of skilled manufacturing jobs across the UK, similar to those at Yeovil, could be at risk.

A total of 221 redundancy notices were issued at the Somerset plant, which manufactures airframes for helicopters, on October 17th and the first job losses could start as early as December 1st.

Unite said the redundancies would effectively result in the closure of the site.

The GKN workers make airframes for Italian-owned Leonardo Helicopters, formerly AgustaWestland which is on the same site, and speculation continues that Leonardo wants to take the work back "in house".

Unite regional officer Heathcliffe Pettifer said: "This is terrible and heart-breaking news for the workers and their families, and the ripple effects for the wider West Country economy will be painful in the extreme."

"Unite will strongly defend our members' jobs, and has immediately started a campaign to lobby GKN and Leonardo Helicopters, whose apparent decision to bring airframe work back 'in house', has led to the real possibility of the site's closure."

"We want this decision reversed – there has not been an adequate rationale from senior GKN management for the redundancies."

"The threat to these 221 highly skilled jobs makes the need for a robust, coherent and sustainable long-term industrial strategy to protect the UK's manufacturing base an urgent priority for the government."

"Greg Clark, Secretary of State for Business, Energy and Industrial Strategy, needs flesh put on the bones of such a strategy double quick, otherwise many thousands of other skilled jobs could be at risk."

"The time for rhetoric is over – now is the time for positive action."

The union has already written to GKN Aerostruc-

tures (Europe and Asia) CEO John Pritchard, asking him to explain the reasoning for the redundancies.

Meanwhile, the Secretary of State for Defence, Michael Fallon, has again been asked to ensure the future of aerospace industry in Yeovil and surrounding area.

Lord Ashdown, better known as former Yeovil MP Paddy Ashdown, has written to Mr Fallon raising his continued concern over the future of aerospace manufacturing in the town, following an earlier meeting with Harriett Baldwin, Under Secretary of State for Defence Procurement.

"I do want to express my concerns, substantially reinforced after my conversation with Harriett Baldwin," said Lord Ashdown.

"I need to repeat my warning that, absent a clear and imminent statement from the government saying that it sees the maintenance of a full domestic capacity to design and build helicopters in the UK - in effect in Yeovil since this the UK's only integrated base capable of doing this - then the consequence of the Apache decision, followed by the repatriation of GKN work to Italy, will be that Yeovil's standalone capacity to design and manufacture helicopters will risk being eroded."

"The damage capable of being done as a knock on consequence of the Apache and Leonardo decisions could be very grave. But this is easily prevented if the government now will, as a matter of urgency, make a clear public statement along the lines I have suggested above."

Lord Ashdown said he had mentioned to Harriett Baldwin a comment on social media site Twitter from current Yeovil MP Marcus Fysh, claiming that she had promised him the government would be spending £3billion with Leonardo.

"He confirmed to me that that this, as I understand it, is not in fact a new commitment relating to the present situation, but rather an already existing indicative estimate of likely expenditure over the period of the next decade," said Lord Ashdown.

"I've asked the Secretary of State for Defence if he would be kind enough to confirm this."

New post office opens doors



CUTTING THE RIBBON: Sandi and Malcolm Brocklehurst (right) officially cut the ribbon, to re-open the Crewkerne Post Office alongside new postmaster Steve Smith (centre)

CREWKERNE is celebrating the re-opening of the post office at its new location in Dailyz Tech on Market Street.

Crewkerne Post Office has been closed since January 2016 due to the landlord requesting vacant possession of the former premises on East Street.

Sandi and Malcolm Brocklehurst, who ran Crewkerne Post Office for 20 years, cut the ribbon with new postmaster Steve Smith to mark the official opening of the relocated branch.

The post office will now be operating under new opening hours of Monday to Saturday 9am to 8pm and Sunday from 10am to 8pm.

A spokesperson for the Post Office said: "This is an extra 25 hours a week of post office service than previously offered including all day Sunday. The branch also closes significantly later than before, making it very convenient for customers to visit."

"Post Office services are provided from three modern counters – one full-screened, one open-plan and another open-plan counter integrated into the retail counter of the store."

Dailyz Tech is a family-run shop, specialising in

phones and computers, games equipment and repairs. A new retail range of cards and stationery is also proving popular.

A photo booth, the only one in Crewkerne, has also been added, while new lighting and flooring has also improved the shop.

New postmaster Steve Smith said: "We are delighted to have been able to re-open a post office in Crewkerne. There is the wow factor when people walk in with the improvements we have made. It is now lighter and more modern."

"The response from the community has been fantastic. We have had lots of people popping in to thank us for taking on the branch."

"People have been very patient as it took longer to open the branch than originally planned, but people have not complained – they are just grateful to have a nearby post office, rather than having to catch a bus, walk, use their mobility scooters or drive to alternative branches."

"Sandi and Malcolm Brocklehurst have been very supportive, which is why I really wanted them to perform the official opening."

View Family Announcements

Happy 10th Birthday
Rihanna Cann
on 27th October
Lots of love
Nanny & Grandad xxx

Tony Back
Retirement at last, looking
forward to seeing more of you.
Love Julie, Family and Friends

Brogan Welsh
Happy 2nd Birthday
Sweetheart. Love from
Nan and Grandad
Lacey, Aunty Sarah
& Uncle Doug xxxx

Dear Mum,
MARGRET GRANT
Happy 87th Birthday on 27th October
Lots of love from Teresa,
Craig, Jamie & Ellie x

Tony Back,
Happy Retirement,
now the real work will start, wishing you all
the very best from Jim, Ann and everyone at
the Sports and Social Club.

Congratulations Luke and Alison Proctor
on the safe arrival of Kemi-Skye Alison
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CCG director retires after 40 years of service with NHS

LUCY Watson, Somerset Clinical Commissioning Group's (CCG) Director of Quality and Patient Safety, has retired from the NHS after 40 years of service.

At a retirement presentation held at the CCG's Yeovil headquarters, Somerset CCG's managing director, David Slack, thanked Mrs Watson for her dedication and years of service to both the Somerset Clinical Commissioning Group and the NHS.

Paying tribute to Mrs Watson, Mr Slack said: "Lucy has brought a huge amount of energy and commitment to the NHS and Somerset CCG.

"You have kept the issue of patient safety and the service quality uppermost in everyone's mind. You have engaged fully with local NHS Trusts and have made huge strides in the reporting of patient safety issues, so that lessons are learned and services improved.

"You have developed closer partnership working with Somerset County Council, particularly around improving children's services and championed an open culture where health professionals can share their views and be challenged in the interest of patient safety."

Thanking staff and colleagues, Lucy revealed she first worked in the NHS as a 16-year-old volunteer in the neurology department at St George's Hospital, in Tooting, London.

Lucy said she was proud to have worked in the NHS and, in particular, her time as a nurse caring for patients with cancer. As a teenager she had initially been uncertain regarding what career to follow, but she took her mother's advice



■ FOND FAREWELL: Lucy Watson has retired after 40 years of service in the NHS

and trained as a nurse, "because it would give her a good lesson in life".

Lucy trained in Sheffield and qualified as a nurse in 1982 and as a health visitor in 1993.

She worked in a number of senior operational and health commissioning roles in the South West, including quality improvement, clinical governance, safeguarding and lead nurse roles for sexual health services, Sure Start and community health services.

In 2013 she became the Director of Quality and Safety with the new NHS Somerset Clinical Commissioning Group.

Ilton shooting trial underway

THE murder trial following a fatal shooting at Chubbards Cross Caravan Site in Ilton, near Ilminster, was due to start yesterday (Monday).

Brothers Charlie, William and John Broadway have all been charged with the murder of Wilfred Isaacs and the attempted murder of his son, Wilfred Isaacs Junior, following the incident in May.

Charlie and William have also been charged with possession of a firearm with intent to endanger life. All three have pled not guilty to the charges.

Appeal to re-build pavilion

FUNDRAISING to rebuild the Lawrence Kellett Pavilion at Dowlish Wake, near Ilminster, which was severely damaged by arsonists, has already got underway.

Villagers and members of the Playing Field Trust are determined to ensure that the pavilion will rise from the ashes with trust chairman Mike Lane saying they will be "moving forward with hope and opportunism" to make sure that the "wonderful community asset" is rebuilt.

"All the trustees will be working hard over the coming months with a positive attitude to ensure this happens," he said.

The fundraising started on Saturday, October 15th with a Beetle Drive, which was originally scheduled to take place at the pavilion.

Dowlish and Donyatt FC, who used the pavilion and playing field for home games in the Perry Street League, had to cancel their match on October 15th because of the fire. But they have stressed that "they will be back."

A Perry Street League spokesman said: "Our thoughts are with Dowlish and Donyatt FC following a fire which has destroyed their changing facilities along with all of their kit and equipment."

The footballers have said they will be happy to help with the rebuild and fundraising.

Mr Lane added: "Thank you everyone for all your messages of support. We will rebuild this wonderful facility and help the football club, croquet club and other users of the pavilion.

"We will keep everyone updated on fundraising and I'm so grateful to everyone who has given offers of practical help."

Fire raged through the pavilion on Thursday, October 13th and the police and fire service have said it was started deliberately. Anyone with information about the fire can contact police on 101 or Crimestoppers on 0800 555 111.

Anyone wanting to donate to the fundraising appeal can do so online at <http://bit.ly/2eZluOc>

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■ FUNDRAISERS: Volunteers, sponsors and supporters gathered at Forde Abbey to hand over cheques to two charities

Forde Abbey fair raises £30,000

THIS year's charity fair, organised by the Roper and Kennard family at Forde Abbey, near Chard, raised £30,000 for two charities, the Royal Agricultural Benevolent Institute (RABI) and Riding for the Disabled Association (RDA)

The cheques were presented to both charities at a lunch held at Forde Abbey to thank the volunteer committee and the sponsors. Both charities thanked everyone who was involved in the annual event and those that attended the summer fair for their generous financial contributions.

RABI regional manager, Pam Wills, said: "The funds raised at the summer fair will allow RABI to continue to make a difference to the lives of farming families who are in financial need in the agricultural sector."

Charlotte Bradley, chairman of the Chard and District Riding for the Disabled Group, said: "We

will be distributing the funds received to RDA Groups in the area, including the Forde Abbey Carriage Driving Group, to enable them to continue to offer therapy, achievement and enjoyment to children and adults with disabilities."

Forde Abbey's Alice Kennard added: "We are thrilled to have raised such a significant amount of money for two fantastic charities. It is very much a family and team effort with valued support and help from our very loyal volunteers and our generous sponsors who all work together to make it a day to remember. Thank you to everyone who contributed to making it another successful day."

The date for next year's charity fair is Thursday, July 27th. Any business or individual who would like to get involved should contact Forde Abbey on 01460 220231 or email info@fordeabbey.co.uk

Pupils donate to food bank



■ PUPILS at Chard School held a harvest festival assembly, where children were invited to bring in food donations in recognition of the annual harvest. Food donations were placed at the front of the chapel at the beginning of the service and then the whole school sang and read poems with a harvest theme to a delighted audience of parents and family members. The food donations were later taken to and gratefully received at the Lord's Larder, at the Forefront Centre, which provides emergency food supplies to those in need.

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Chard strong man visits school to inspire students

STUDENTS at Holyrood Academy were given a real treat as Britain's first disabled strongman and Chard local Gary Clarke visited the school to inspire them.

Gary was born with cerebral palsy and was inspired to train with weights and take up power lifting after admiring people like British shot putter turned strong man Geoff Capes, and his all-time hero Magnus Ver Magnusson in the 1980s and 90s.

In a presentation to the Holyrood BTEC Level 3 Sport students, Gary explained how he had overcome barriers to participate in competitions and defied preconceptions to follow his dream. He also described his diet and the training regime he follows to maximise strength and power utilised in strong man competitions.

Fire crew called to care home
FIREFIGHTERS were called in to help rescue an elderly lady who was locked in a bathroom at a nursing home in Chard.

The alarm was raised just before 3pm on Saturday, October 15th to the home in Helliers Close.

One fire engine from Chard was mobilised and firefighters quickly got to work to release the woman into the care of home workers.

Calendar to raise church funds
THE Winsham 2017 Calendar will be available from Winsham Shop from the first week in November.

The price of the popular calendar will remain unchanged at £5 per copy. All proceeds go towards the St Stephen's Tower Fund and copies can be pre-ordered at Winsham Shop now.

Students and staff were impressed at his determination, with deputy head Boy Cezary Piotrowski commenting: "Gary is a genuinely inspiring man and listening to him talk was seriously motivating."

Gary has travelled to Iceland six times to compete in international competitions and said: "My disability is just a state of mind. I want to encourage everyone to have dreams and actually make them happen."

Gary also gave a practical demonstration with Atlas Stones weighing up to 70kg.

Sports development officer at the school, Mr Evans, said: "Gary has impressed these students enormously. When some of them had a go at lifting the stones, it dawned on them how hard Gary has worked to achieve the recognition he has."

Chard café hoping to win public's vote

ELEOS Café in Chard is in the running for the prestigious Britain's Best Café award and the owners are asking the public to help them take home the coveted trophy.

The only way for the café to win is to get as many votes from the public as possible and, with the ballot closing on Friday, October 28th, there's only a limited time left to cast your vote.

The café is run by Nat and Sarah Thomson and employs nine people, all from the local area, as well as sponsoring the Chard under 15s ladies rugby team.

To cast your vote, visit the website www.britainsbestcafe.co.uk



■ INSPIRATIONAL: Gary Clarke with Holyrood Academy sport students

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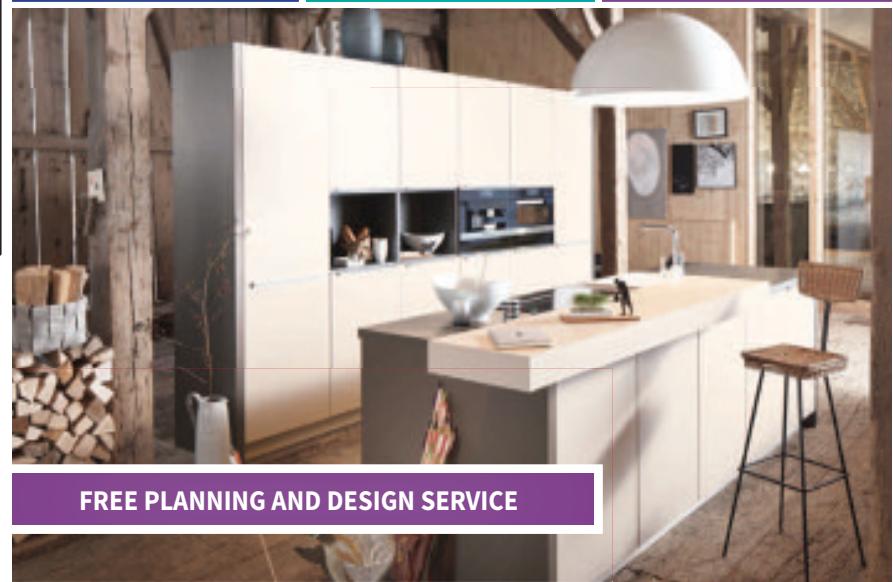
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Crewkerne supports World Sight Day

By Anders Larsson

anders@viewnews.co.uk

THE Mayor of Crewkerne, Councillor Robin Pailthorpe, and Mayoress Jo Lyons were delighted to help the town's Lions Club highlight World Sight Day.

World Sight Day (WSD) is an annual day of awareness held on the second Thursday of October to focus global attention on blindness and vision impairment.

The day is organised by The International Agency for the Prevention of Blindness (IAPB), established in 1975 as a co-ordinating umbrella organisation to lead international activities.

Crewkerne Lions Club fully backs the campaign and took an active part on October 13th.

The mayor and mayoress agreed to meet local Lions Club co-ordinator Jean Langmead at West One Surgery, where Councillor Pailthorpe donated a pair of used spectacles to the Lions Eye Health Programme for recycling. Collection boxes are available throughout town.

He said: "It is fabulous that people are collecting in this fashion and raising awareness."

The mayoress was then blindfolded and escorted by Mrs Langmead through the busy town centre to Budgens to give her an idea of the challenges facing blind or partially sighted people.

Whilst negotiating Falkland Square she said: "It is very disorientating. I'm very familiar with the town, but right now it doesn't feel like a town I know."

A team of Lions members also manned a display in the supermarket and shared information with customers to raise awareness.

Mrs Langmead commented: "Budgens and its staff have been so helpful."

The mayor was then blindfolded, to have his share of the experience, and escorted to a coffee shop.



■ DONATION: Mayor Robin Pailthorpe puts a pair of spectacles in the collection box, observed by practice manager Ben Osborne, Jean Langmead and Mayoress Jo Lyons. Below, the Lions Club gave out information at Budgens



■ TRICKY: The mayoress negotiates a narrow pavement

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Quiz night boosts Rotary's charity funds

ROTARY SUPPORT: Pictured from left, Jon Goodwin, Ron Spencer, Beth Jackson, Tim Udall and Caroline Dredge

THE Rotary Club of Crewkerne District held a charity quiz night and raised more than £200 to add to their total this year.

The Rotary Club has been raising funds this year for the town's Monday Memory Group, which is run at The Henhayes Community Centre.

The Henhayes Community Centre was also the venue for the quiz, as nine teams totaling 52 people took part in a varied quiz of 12 rounds, including many interesting categories. The evening was a great success raising £205 on the night, including the raffle.

Katie Hiscox from Lloyds Bank helped out on the evening and announced that the Lloyds Bank Foundation will be applying their Matched Giving Scheme to double the amount

to £410.

During the interval, past president Jon Goodwin presented a cheque for £3,000 representing the funds raised at events held during his year as president of the Rotary Club of Crewkerne District, which included a Bertie's Big Band night held at the Victoria Hall and a bingo night.

The amount raised also included £1,000 claimed through the Match Giving Scheme.

Ron Spencer and Tim Udall, trustees of the Henhayes Community Centre, along with Beth Jackson who assists with running the Monday Memory Group, received the cheque, along with Caroline Dredge, current president of the Rotary Club and quiz master for the night's event.

Hospital fundraiser recognised for long-service to League of Friends

A LONG-SERVICE award has been given to Veronica Chard who, over the years, has helped raise tens of thousands of pounds to fund improvements at Crewkerne Hospital.

She was presented with the award that recognises her 20 years' service with the League of Friends by chairman Ron Bond at their recent annual meeting (pictured).

Not long after joining the organisation in 1996, Veronica took over responsibility for fundraising. For many years she organised the annual fete and annual grand draw, as well as other activities such as running stalls at events organised by Crewkerne Town Council, and at summer fetes and Christmases.

She stepped down as the chairman of the fundraising committee three years ago, but still helps from time to time and continues as a member of the committee of the League of Friends.

Mr Bond said: "She has given incredible service over 20 years. When she was in charge of fundraising she worked tirelessly and often without assistance.

"I want to thank her on behalf of the League of Friends, the hospital and the town."

Veronica, who is a member of the League of Friends committee, said how much she has enjoyed her involvement with the League of Friends



and being able to help the hospital.

Officers re-elected at the annual meeting were: chairman - Ron Bond; vice-chairman - Stephen Crane; treasurer - Tony Foot; and secretary - Teresa Bond.

Museum hosting toy sales

CREWKERNE Museum and Heritage Centre will be holding a series of toy sales for the rest of the week and most of next month.

The toy sales will be in Market Square and will last from 10am to 4pm, Wednesday, Thursday and Friday, and from 10am to 1pm on Saturday.

There will be another toy sale from November 5th until the 26th from 11am to 2pm Monday to Saturday and organisers advise customer to look out for the 25 per cent off blue stickers.

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Village hall marks 30th anniversary

BROADWAY Village Hall recently celebrated its 30th birthday with a special party.

The hall was officially opened in 1986 by the former Lord Lieutenant of Somerset, Colonel Walter Luttrell. The opening in the 1980s was as a result of 10 years of hard work by a fundraising committee involving the entire village and the surrounding area. Therefore, the anniversary event was actually celebrating 40 years of work surrounding the building.

Around 65 people attended the event, and everyone there was a past or present representative from groups that had used the hall and anyone who had served on the various committees across the years.

The chairman of the village hall committee, Paul Trueman, welcomed everyone by thanking them all for coming and for providing scrap books, newspaper cuttings and photographs of the hall, be-

fore proposing a toast to the facility.

Secretary Nick Urch then gave a brief summary of some of the fundraising events and the names of the original committee members gleaned from the first committee meeting minutes still available.

The job of tracking all the relevant people who had sat on the committees took organisers around three months and they were helped by the parish news and various local residents.

One former committee member now lived in New Zealand, while another was living in the US. Neither were able to make the event but both sent their best wishes to organisers.

Also mentioned was the enormous work John Baker did for the hall, from selling kindling wood to raise money to making the stage steps.

Mr Trueman said: "John was chairman

of the fundraising committee for 10 years and then chairman of the hall during the build and then afterwards for a period retiring to do the hall bookings for a few years.

"He steered the committee through an extremely difficult period trying to find a site for the hall in the village, which took about eight years, and then dealing with the logistics of the build, which involved a lot of help from villagers.

"He looked at many halls in the area and insisted on a large kitchen. Mike Glass took on the task of the project management of the build and subsequently the chairmanship – when he left the committee he had been on the hall committee for 35 years."

Everyone who attended thoroughly enjoyed their evening, meeting some people they had not seen for many years.

ILMINSTER Rotarians showed their community spirit by putting on a harvest festival meal for members of the Memory Café.

The Rotarians have been supporting the café over the last year by assisting with games, reading and other activities.

The café was set up to provide a drop-in style meeting place for people living with dementia and their carers, and is run by Rebecca Beggs and a willing band of helpers.

The group meets in the Minster Rooms, opposite St Mary's Church on alternate Wednesdays, between 10am and 12noon.



■ GRUB'S UP: Ilminster Rotarians Linda Piggott-Vijeh, Ken Dewsbury and Danice Jackson helped put on a meal for the memory café. Below, the memory café members enjoyed their meal



FOURTEEN teams took part in the annual Ilminster Carnival Quiz organised by the local Rotary Club.

It was a team called The Uncivil Servants – comprising of Mark Adritt, Jane Dewick, Paul Everett and Ian MacKillop – who emerged victorious at the end of the brain-testing quiz.

The annual event raised about £200 for carnival funds.

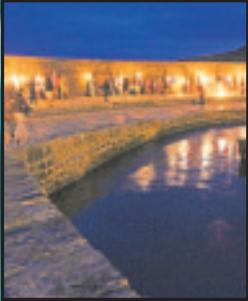
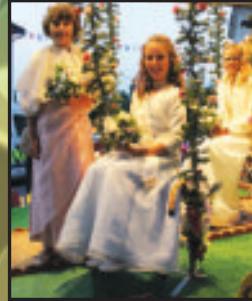
Ilminster Carnival Committee would like to thank all those who took part and for Ilminster Rotary Club for organising the event once again.

Pictured left, the winning team with Ilminster Rotary Club members Stuart Shepherd (left) and Harley Pope (right).



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■ KEEPING FIT: The adult outdoor gym in Ashill was officially opened last week by county councillor Linda Piggott-Vijeh (third from left) much to the delight of residents

Outdoor gym a hit with Ashill residents

THE new outdoor gym in Ashill was officially opened last week, and proved to be a big hit with local residents.

At an opening ceremony at Ashill Recreation Ground, where county councillor Linda Piggott-Vijeh opened the gym, local residents jumped straight on the new equipment.

The idea for the installation of the gym equipment was the inspiration of local resident Brenda Pyle who, along with professional advice from fellow resident, Jane Knowles of the Somerset Activity and Sports Partnership, carried out much of the behind-the-scenes work to raise the £10,333 required to purchase the equipment.

Linda, who tried out all of the equipment herself, said: "I was delighted to have had the opportunity to use some of

my county councillor Health and Wellbeing money to support this excellent project; something that I think every small community should aim for.

"Many local people know the importance of keeping fit to ensure that they lead healthy lives. Whilst joining a gym may be an option for some, it can be costly and access is not always easy.

"This equipment, which is simple to use without supervision, has been welcomed enthusiastically by everyone in the community. I have even heard of people coming over from Ilminster to use it.

"I am thrilled to hear that Jane has offered to start up group sessions to get everyone moving and I cannot wait to join in."

Cast members urgently needed for local panto

THE Ilminster Entertainment Society is urgently appealing for more adult actors to join its annual fun-filled pantomime.

The society is busy preparing for its December pantomime of "Snow White" and, although the cast list of principal characters is virtually complete, there is a real need to find extra members of chorus.

Five more adults need to be recruited to the cast to play incidental characters and to form the chorus in some of the musical numbers.

Society member Dave Goodall said: "Due to the way this pantomime has been written, it cannot be performed unless this additional

cast is found and we will therefore have to cancel the show."

Rehearsals are Mondays and Wednesdays and the performances will be held from December 8th to 10th and December 15th to 17th at 7.30pm at the Warehouse Theatre in Brewery Lane, Ilminster, with two additional matinees on December 10th and 17th.

If you or anyone you know might be interested in taking part in this fun show, contact Dave Goodall as soon as possible by emailing dave@downside.uk.com, as a decision on whether to go ahead with the show needs to be made before the end of the month.

Crews tackle industrial fire

FIREFIGHTERS had to be decontaminated after dealing with a fire at Daido Industrial Bearings in Ilminster.

The alarm was raised at just before 1.45pm on Tuesday, October 18th to reports of a fire within an extractor unit at the factory in Winterhay Lane.

One fire engine from Ilminster and two from Chard were called out and crews got to work to deal

with the situation.

"A thermal imaging camera was used to check for hotspots and a gas monitor to check safety levels within the premises," said a spokesman for the Devon and Somerset Fire and Rescue Service.

"The environmental protection unit from Taunton was sent to assist with the precautionary de-contamination of six firefighters."

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Plenty of laughs at 'Vicar of Dibley' production



■ THE Reverend Geraldine Grainger (Caroline Markham) with Alice Tinker (Judith Izzard)



■ MRS Cropley (Amy Stodley) with Frank Pickle (left, Dick Arnold) and Jim Trott (David Penticost)

THEATRE REVIEW

MEMBERS of the Chard Entertainment Society can take a very big bow following their hilarious production of 'The Vicar of Dibley'.

The show – performed earlier this month at the Guildhall in Chard – was based on sketches from the much-loved TV sitcom starring Dawn French as the larger-than-life female vicar, the Reverend Geraldine Grainger.

Audiences were given some proper laugh-out-loud moments of pure comedy, and the best compliment that could be paid to the cast was that, at times, it felt as if the actual stars of the TV show were on stage.

The relationships were effervescent, including that of the Rev Grainger, played by Caroline Markham, and the hapless Alice Tinker (Judith Izzard), while Adam Chudley looked as if he was born to play bowel-problem-ridden Owen Newitt, played so memorably in the TV show by Roger Lloyd-Pack.

The parish council scenes were so well portrayed and the audience could feel the pain, suffering and frustration of chairman David Horton (Leigh Conley) as he struggled to put up with the likes of Mrs Cropley (Amy Stodley), Frank Pickle (Dick Arnold) and 'no-no-no-no-no-yes' Jim Trott (David Penticost), and his nice-but-dim Hugo (Andy Treble).

Proceeds from the show will be donated to Comic Relief, while money raised on refreshments and raffle will be given to Chard Carnival Committee.

Photos by CHRISTINE JONES



■ PARISH council chairman David Horton (front, played by Leigh Conley) with, standing from left, Owen Newitt (Adam Chudley), Frank Pickle (Dick Arnold) and Jim Trott (David Penticost)

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Students trek across West Dorset in



WITH route cards prepared, maps ready and rucksacks packed, students from both Wadham School in Crewkerne and Holyrood Academy in Chard headed off on expeditions around West Dorset last week for their Duke of Edinburgh Award.

The Duke of Edinburgh Awards qualifying expedition for Wadham pupils followed a previous practice expedition in Wareham Forest back in June.

Groups were dropped at Maiden Castle, Abbotsbury and Hardy's Monument. Tasks for the expedition groups varied from a "Survey of styles and fences in West Dorset" to "A video blog of the emotional ups and downs on a two-day expedition".

A spokesperson for Wadham said: "Walking conditions were nearly ideal; not too hot and just a little rain. Staff monitored progress, meeting the groups at busy road crossings and other way points."

The external assessor, Steve Marsh, from Frome College, met up with most groups during the walk on the Saturday to check the '20 Conditions' - the expedition criteria laid down by the D of E - were being met.

The spokesperson added: "The groups camped at Sea Barn Farm near the Dorset coast. Tents pitched and stoves burning, a variety of pasta dishes were prepared for hungry participants. As the sun went down the temperature dropped but not without sight of a spectacular sunset.

"The students awoke on Sunday to a beautiful sunny, wind free morning.

Groups made an early start and made their way to the final arrival points at Maiden Castle and Abbotsbury, undertaking activities on route."

All groups managed to complete the necessary five hours walking and one hour activity on both days and successfully reached their destination points.

The spokesperson finished: "This is the first time the school has taken 40 or so students on a qualifying expedition and are delighted to report that all participants have passed this element of the award. The next stage for the Wadham students is to give a group presentation of the tasks they undertook to school staff."

Mixed weather didn't hamper Holyrood's 47 enthusiastic trekkers on as they embarked on their final expedition as part of their Duke of Edinburgh award.

Leaving Thornccombe bright and early, all students braved the lashing rain to arrive at Monkton Wyld Campsite near Lyme Regis where they pitched their tents for the night. Warm sunshine greeted them the following morning for their return journey to Hawkchurch.

Mr Paul Reid, head of the Bronze DofE Programme at Holyrood, said: "All their practise paid off to result in a pass for all students. Everyone worked incredibly hard this weekend and I was absolutely delighted at their achievement. They now have the three other elements of the award to complete - skill, volunteering and fitness."

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Make the most of Sanjula's current offer which is a full Massage for just £30. To book your treatment call Sanjula on 07926 447158 or email sanjulalove@hotmail.com

Acupuncture with Val Davis

VAL Davis has been a therapist for 20 years. She originally trained in Therapeutic Massage and built up a successful practice in South Wales. She subsequently went on to study Traditional Acupuncture at the College of Traditional Acupuncture in Leamington Spa.

Val treats most physical and emotional health problems, such as back pain and sciatica, sports injuries, IBS, insomnia, headaches and migraines. She has undertaken additional training to treat addictions such as smoking and weight loss, fertility and IVF support, pregnancy management and childbirth, Facial Revitalisation Acupuncture (FRA) and women's health issues.

Val Davis can be contacted on 01395 578050 or 07870 881596. For more information visit www.devonacupuncture.org.uk

Forthcoming Talks, Workshops and Events

TRE (Trauma Release Exercises) Workshop - Saturday 5th November 2016. Book with Nandan O' Leary by calling 07825 447860 or email nandanoleary@gmail.com

Curry & Quiz Night

A fundraising Event for our community projects at Axminster Guildhall on Thursday 10th November 2016 from 7:30pm - 10:00pm.

Buy tickets from Archway Bookshop or Axminster Health and Wellbeing Centre £10 per person.

Wishing Well cancer support - 2:30pm - 3:30pm. Nutrition and Naturopathy with Liz Bray Thursday 10th November.

Prostate cancer with Jane Billing Thursday 17th November.

Curry & Quiz

Thursday 10th November

Axminster Guildhall

7:30pm

Tickets available NOW - £10 per person

Call 01297 32331

Axminster Health & Wellbeing Centre

Lindy Parry Podiatrist / Chiropodist

I HOLD my private chiropody clinic at Townsend House Surgery in Seaton.

I offer a range of treatments from a simple nail cut to nail surgery, and each treatment plan is priced accordingly.

The nail cutting only service is a shorter appointment and is ideal for those that don't have any other foot care needs. Others like to alternate nail cuts with chiropody treatments as it best suits their requirements. I always aim to work with the patient to find the best treatment plan to suit each individual. Patients feet are then monitored during treatment so that changes can be made should the need arise.

Diabetic patients who attend for chiropody will also have a diabetic foot assessment carried out during their first treatment, and will then be monitored and re-assessed as necessary.

My chiropody clinics are available to anybody seeking help with their feet and Townsend House and I look forward to welcoming you.

Bookings can be made by calling 01297 22956.



Lindy Parry Podiatrist / Chiropodist

(BSc Hons Podiatry, MChS, HPC Registration number CH26100)

Townsend House Medical Practice Seaton

To make a booking please call

01297 22956

IN THE BLOOD - IRON DEFICIENCY

by Lisa Salmon, Press Association

WHILE constant, crippling tiredness can sometimes be a sign of illness, in women, it could mean something far simpler - iron deficiency.

It's estimated around one in 10 UK women suffer from iron deficiency, yet many have no idea, even though their iron levels might be so low that their body's producing less red blood cells, meaning they have full-blown iron-deficiency anaemia.

This can have a significant impact, as iron plays an essential role in the production of red blood cells, which are responsible for carrying oxygen around the body, keeping our various tissues and organs in working order.

So if someone has iron-deficiency anaemia, less red blood cells than normal are made, so less oxygen circulates in the bloodstream - hence the fatigue.

BATTING ON

But while the symptoms - including tiredness, shortness of breath, palpitations and a rapid heart rate, headaches, paleness, hair loss and brittle nails - can have a significant affect, they're often ignored, or dismissed as an inevitable side-effect to our hectic, modern lifestyles.

Iron deficiency expert Professor Toby Richards, a consultant surgeon based at University College Hospitals London, points out that a survey of 9,000 women revealed the average female has symptoms of iron deficiency three to five years before seeing a doctor.

"When women seek help, it's often because they're so exhausted they can't get out of bed," says Richards. "They complain about poor hair quality and brittle nails - you need good iron levels to regenerate hair, so women might comb their hair after a shower and notice hair loss.

"It can be incredibly distressing, but the vast majority have no idea it's iron deficiency. It's so common and right in front of us that we ignore it."

WHY WOMEN?

Richards says he tested 257 women doing a half-marathon, and found 17% had iron deficiency - yet nearly all of them were unaware of it.

A major cause is heavy periods or pregnancy (the body needs extra iron for the baby), while one in every 100-200 men has iron deficiency - normally because they have bleeding in the stomach from an ulcer, or an illness like coeliac disease, which makes nutrients, including iron, harder to absorb. Iron deficiency because of a lack of iron in the diet is rare in men.

A woman's body, meanwhile, contains 4-5 litres of blood, and while on average, 30-50ml is lost during menstruation, the one in four who suffer from heavy periods can lose 80ml - the equivalent of a litre a year.

"That's quite a lot of blood - the same amount you'd lose during major surgery," notes Richards.

CREEPING UP

Heavy periods mean a woman can lose between 200-500mg of iron a year, but the body only absorbs 5-10mg a day through the diet.

"The balance is quite finely tuned," explains Richards, "so if you're not eating properly or you have heavy menstrual bleeding, then slowly and insidiously, iron deficiency creeps up on you."

"Heavy menstrual loss means you're losing a lot of iron, and the ability to absorb iron doesn't

necessarily catch up," he adds. "So you could be just deficient by a small amount, say 5% a year, and then suddenly - bang - you run out of iron stores and you become anaemic. At that point, you're 1,000mg of iron or more behind."

FOOD STORES

The body contains stores of around 3,000mg of iron, with 5-10mg a day absorbed predominantly through dietary intake of iron-rich foods, such as red meat and fortified cereals.

There are two types of iron in food: haem (found in red meat, chicken and fish and easily absorbed) and non-haem (found in plant foods, such as leafy green vegetables, cereals, beans and lentils and dairy products, and less easily absorbed). Eating vitamin C at the same time as foods containing non-haem iron can aid absorption, although much greater quantities of non-haem iron foods need to be consumed to absorb the equivalent amounts found in haem-iron foods.

It's also important not to drink tea or coffee with meals, as they prevent absorption of iron from the gut.

"There's no substitute for a good quality, healthy balanced diet that's rich in red meat," says Richards. "Modifying the diet will sort out two-thirds of people with iron deficiency."

EXTRA HELP

In some cases, however, dietary sources alone might not be enough.

This particularly applies for certain causes of anaemia, such as vitamin B12 deficiency (including the autoimmune condition pernicious anaemia) or sickle cell disease. However, iron deficiency is by far the most common cause of anaemia, and if left untreated, as well as having to endure the symptoms, it can make people more susceptible to illness and infection, as a lack of iron affects the immune system.

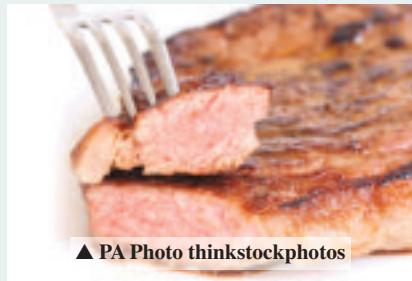
Fortunately, treatment's usually fairly simple - with the use of supplements, alongside dietary modifications.

While taking iron supplements can start to improve the number of red cells (haemoglobin) within weeks, making people feel better, Richards says it can take three to six months to restore iron levels to normal.

Another option is iron infusion; Richards runs the private Iron Clinic in London, where such infusions cost £650 for a half-hour treatment which completely replenishes the body's iron stocks.

"Most people have heard of iron deficiency and anaemia. It's so common, and people become accustomed to it," he says.

"There's a huge need to raise awareness of the symptoms - I think a lot of people are really suffering with it."



▲ PA Photo thinkstockphotos

Health & Wellbeing

LOOK GOOD & FEEL GREAT

Body-Balance Nutrition

Nutrition Facts and Information from Registered Nutritional Therapist Elizabeth Bray of Body-Balance Nutrition

WHAT are superfoods? Superfoods are nutrient dense foods that are beneficial to health, for disease prevention, strengthening the immune system, protecting cells from damage and inflammation, providing a delicious source of vitamins and minerals.



Superfoods: Bliss balls with Maca

200g walnuts
50g almonds
1 tbsp Maca powder
3/4 tbsp. raw honey
1 tbsp pumpkin seeds
1-2 tbsp coconut oil
pinch of sea salt
10 Mejool dates (destoned)
Optional bee pollen 2tsp

Soak walnuts & almonds in water (add just boiled water) for 2 hours, with 1/2 tsp salt. Drain and spread out on baking tray, dry in oven at 110 degrees C for 1 hour. Add all ingredients to blender and whizz together. Roll in to 1 inch balls and set in fridge for minimum 10 minutes - Then ready to eat.

Super food protein treat - a great snack and pick-me-up providing slow energy release.

Contact Elizabeth Bray at Body-Balance Nutrition for appointments and information on scientific laboratory tests available at the consultation: 01823 480570, liz@body-balance.co.uk, www.body-balance.co.uk.

Appointments at Axminster Health & Wellbeing Centre and in Taunton.



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Crewkerne Pharmacy

THROUGHOUT the week of 12th September 2016, Crewkerne Pharmacy are offering the local Crewkerne community the chance to visit their Pressure Station and have their blood pressure checked, as part of Blood Pressure UK's Know Your Numbers Week 2016.

Research shows that in the South Somerset area, 39.1% people have undiagnosed hypertension which puts their lives at risk. High blood pressure is largely preventable and is the biggest risk factor for stroke and heart attacks, yet so many people do not know their blood pressure numbers.

Pop in this week and have a chat with a member of the team if you have any concerns about your blood pressure. They will check your blood pressure free of charge and give you any advice necessary.

Crewkerne Pharmacy offer free tailored advice to ensure you are taking your medicines correctly – just ask about their Medicines Use Review, and they provide many valuable healthcare services to the local community including dispensing NHS and private prescriptions, emergency hormonal contraception, minor ailments service and smoking cessation. A wide range of over the counter medicines are stocked and they will dispose of any unwanted medication.

Sign up to the free NHS Medicine Manager Service and have your repeat prescriptions managed and delivered to your home or place of work, free 7 days a week.

The team at Crewkerne Pharmacy, situated in Crewkerne Health Centre, are ready to give you and your family all the advice you need to live a healthy life. Open early until late, 7 days a week. Monday to Saturday 7am to 10.30pm and 10am to 5pm on Sundays.



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Healthy Feet

JANE qualified at Plymouth School of Podiatry in 1983 and since then has worked in both the NHS across the South of England and Cambridgeshire, as well as working Privately across Bridport, Beaminster and Cambridge. Jane has a broad range of Podiatry and Chiropody experience and specializes in the treatment of Foot and Heel Pain. Offering Appointments for both Adults and Children including treatments for all foot related Conditions.

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Healthy Feet

Axminster Chiropody & Podiatry
Jane Clare M.Ch.S.Pod M

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Val Davis Traditional Acupuncture

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Acupuncture can affect the quality of qi, your body's vital energy, by the insertion of very fine needles into specific points along these channels. This stimulates the body's healing response and restores natural balance. Treatment is aimed at the root cause of your condition as well as your main symptoms. This approach helps with resolving your problem and enhancing your feeling of well-being. You may notice other niggling problems resolve as your main health complaint improves.

The type of conditions that I mostly see in my clinics include the following: arthritis, back pain and sciatica, poor circulation, low energy levels, hormonal/menopausal symptoms, pregnancy management, fertility problems, weight management, and addictions such as smoking.

However, you don't have to be ill in the conventional sense to benefit from acupuncture, sometimes people come to see me because they are feeling low, unwell in themselves, or maybe not sleeping as well as they would like to.

Professional Acupuncturists spend at least 3 years training at degree level to become an Acupuncturist. We are then entitled to join the British Acupuncture Council and to use the letters Lic.Ac., B.Ac.C after our names. We also have public liability and professional indemnity insurance. Many of us have also studied at post-graduate level and are constantly updating our skills and experience.

So, why not give me a ring and see if I can help.



Val Davis, B.Sc., Lic.Ac., M.B.Ac.C.
(Member of British Acupuncture Council)
(20 years experience)
(01395) 578050

www.devonacupuncture.org.uk



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KEEN TO DIP A TOE IN REFLEXOLOGY?

by Ella Walker, Press Association

FOR some, a good foot massage is total bliss, while others cringe at the mere thought of baring their feet, let alone having them touched.

Wherever you sit on the footsie comfort scale, treating your tootsies to some TLC goes much further than a pedi and polish...

The ancient art of reflexology has been practised for hundreds of years, throughout Chinese and Egyptian history, but was first called reflexology in 1913, by the American medical professionals, William H. Fitzgerald and Edwin F. Bowers.

But what is it and how does it work?

WHAT IS IT?

"Reflexology is a complementary holistic healing therapy that works your whole body system through your feet and also, on occasion, through your hands," explains trained reflexologist Sharon Walker. "A reflexologist will work along your feet, massaging particular reflex points which have been found to correlate and reflect other areas of the body - so the toes are linked with the head and brain, for instance, and so on."

HOW DOES IT WORK?

The idea is that energy points in the feet are revitalised through massage, which relieves tension elsewhere in the body, helping to minimise and ward off pain, discomfort and illness. "Working and massaging congested or 'crunchy' points found in the feet, can help release tension and pain in the corresponding point in the body, which can help rebalance you," explains Walker.

WHAT CAN IT TREAT?

Reflexology is used to help soothe physical as well as mental ailments. It's a way to find peace and calm mentally, as well as physically. "The fact you lie down for an hour, away from the stresses and strains of every day life, means reflexology is also great for settling yourself and finding a way to just 'be' in the moment, as well as being a great way to reboot your system," says Walker.

DO YOU HAVE TO VISIT A REFLEXOLOGIST?

It is, naturally, ideal to visit a trained reflexologist, however, "a great way to work these pressure and reflex points in the feet, without seeing a reflexologist specifically, is to walk barefoot, particularly on the beach," says Walker. "Doing that, all the points in your feet are worked equally, which explains why we often feel re-energised after a walk on the beach."

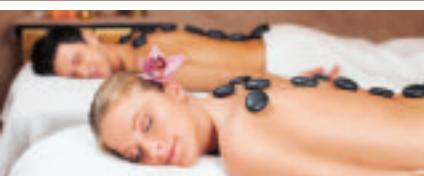
WHAT ELSE?

It's also been found through reflexology that the shape and colour of your feet can point to certain personality traits and health factors. For example, dry, cracked feet reveals dehydration, while patchy yellow and red skin on the feet can indicate signs of infection elsewhere in the body. "Traditionally, foot shapes have also been seen as ways to denote character types," explains Walker. "So, if your toes are bent, it has been said that means you may not reach your potential, while, if your second toe is longer than your big toe, emotionally you are prone to experiencing great highs and lows."

• Always consult your doctor if you are worried about any health symptoms.

Health & Wellbeing

LOOK GOOD & FEEL GREAT



Anne Roberts
Axe Valley Counselling

Relationships: Will there be discontent this winter?

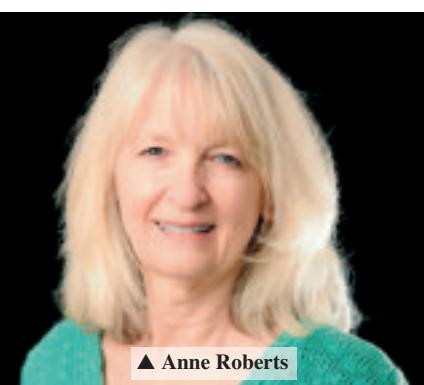
MOST relationships have times of discord or stress but with good communication and a genuine desire to make things better, issues can be resolved, relationships recover and couples move on more happily.

The problem becomes more serious when discontent intensifies - individuals battle each other to have their needs met and verbal and emotional missiles are stockpiled to be released at any moment of annoyance, disapproval or frustration.

Relationships can, and do, regularly, break under the strain of defensive behaviour, which can be either actively or passively aggressive. Hurtful or thoughtless actions can be used as ammunition and bickering can become increasingly unpleasant.

Some of the signs of a relationship in real trouble are when one or other partner becomes withdrawn, unable to express themselves and/or have a change in personality. This would suggest that a couple can't rectify the problems themselves and would benefit from professional, qualified help.

I am a fully qualified counsellor with over 20 years' experience of helping people with their relationships. If you feel you are at, or near this place in your relationship and would like help, contact me, Anne Roberts, Counselling South West, on t: 01297 301035 m: 07887 961954 email: info@couplecounsellor.co.uk: www.couplecounsellor.co.uk



▲ Anne Roberts

Anne Roberts LLB, Cert ED, CSCT Cert, REL Cert, MBACP.
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Samantha Davey
Clinical Hypnotherapy

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PHOBIAS frequently begin in childhood or adolescence often as a result of a specific traumatic event, or learned from parents or siblings. The good news is that anything learned can also be unlearned. Samantha Davey, a registered hypnotherapist says "I help people overcome a wide range of phobias – everything from fear of flying, to fear of vomiting, to fear of public speaking. Whatever your phobia, you can be reassured of a sensitive and understanding approach."

Hypnotherapy is a safe, enjoyable and proven therapy that often leads to rapid results. Simple phobias can usually be resolved quite quickly, complex phobias may take longer. Letting go of your phobia can lead to transformation in many areas of life; beginning hypnotherapy could be one of the most empowering decisions you ever make.

Samantha offers a friendly, professional and supportive service in Seaton and Axminster. To book a free confidential consultation with no obligation call 07809 447720, or email info@hypno4freedom.co.uk

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This is a big question with many answers but from an alternative point of view quite simply put the body we live in today was not designed for how the world has become and there are some significant ways in which we deeply struggle to meet all of its demands on a daily basis.

Just because we see all around us so many common illnesses or conditions like, depression, anxiety, sleeping difficulties, auto immune diseases, hormonal imbalance, weight problems, diabetes, Asthma, Irritable bowel, addictions, chronic muscular tension, back pain does not mean that this is the norm, what it indicates is that we have become seriously out of balance in relationship to ourselves and therefore to the world and others.

We have entered an age now where we must look at how it is that we manage our energies. The anatomy of our energy system is as detailed, complex and profound as our physical anatomy and can no longer be denied but instead considered and embraced as equally important as the physical examination when assessing why it is we are not healing and what it is we need to do.

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TIPS FOR HEALTHY BONES

By Abi Jackson, Press Association

AS we age, bones tend to lose density, and conditions like osteoporosis, as well as osteoarthritis (causing stiff and painful joints), become more common.

While it isn't always possible to prevent these things entirely, there is a lot we can do to help our skeletons and supporting soft tissues stay in good shape.

Bones and joints play a huge role in our health and general wellbeing; they're key to keeping active and mobile, and yet can be highly susceptible to injury and pain, so keeping them healthy is vital.

It's well known that diet's important: calcium and vitamin D, for example, are essential for building strong bones, while omega-3-rich foods, like oily fish, are believed to help protect joints.

Supporting our skeletons goes beyond what we eat and drink, however. Here are some simple ways to keep those bones and joints in good nick...

KEEP MUSCLES STRONG

Over the years, wear and tear can weaken joints and ligaments. While there are often things we can do to address specific problems – such as joint replacement surgeries and physiotherapy – one of the best things we can do is prevent problems from arising or worsening by keeping the muscles that support and surround our joints strong.

This takes the pressure off the more vulnerable bones and soft tissues of the joint, helping them stay healthy and pain-free. Swimming is an excellent exercise which works all major muscle groups without putting pressure on joints. Cycling is another good choice.

DO SOME WEIGHT-BEARING EXERCISE

As excellent as swimming is, in an ideal world, it's wise to combine it with some weight-bearing exercise too, such as walking, dancing, or even doing steps up and down the bottom stair at home. Weight-bearing movement actively helps to build up bone strength.

Of course, overdoing it isn't going to help either, so build up slowly and speak to your physiotherapist or doctor for advice if you already have problems.

STRETCH IT OUT

If stiff and painful bones and joints are an issue, often the last thing you feel like doing is attempting to stretch. However, there is evidence that keeping supple, and practising yoga and Pilates-based exercises, can help reduce pain and improve joint health.

Again, always check with a healthcare professional before starting any new exercise regimes if you have a history of health problems, and go gently and listen to your body – but making some simple stretches part of your regular routine could significantly ease problems in the long run.

Maintain a healthy weight

Being underweight is sometimes linked to a higher risk of fractures and osteoporosis, while being overweight or obese can put extra pressure on joints, contributing to pain and stiffness. So, keeping to a healthy weight range can go a long way towards reducing problems like these.



Michelle Hague Clinical Hypnotherapy

MICHELLE Hague says, Hypnosis really does work - and it has an impact on the brain, which can be measured scientifically, according to many, but one of America's leading psychiatrists. David Spiegel, from Stanford University, recently told the prestigious American Association for the Advancement of Science that he had scanned the brains of volunteers who were told they were looking at coloured objects when, in fact, they were black and white. He added that there were 'tremendous medical implications' and he envisaged people being able to manage their own pain and anxiety.

I am delighted to know that the people I have helped, using hypnosis in therapy down the years were not just putting it on to please me, more importantly, that those I have helped overcome fears and phobias, or change the symptoms of IBS or CFS; Insomnia or Stress and Anxiety were genuinely benefitting from the therapy I use, which combines clinical and cognitive behavioural hypnotherapy with mindfulness, using all the tool of my trade, I help people change their lives.

This research along with so much more evidence based data, confirms what professional hypnotists, such as myself, who teach clinical and medical hypnosis with the London College of Clinical Hypnosis and have been successfully using the techniques for medical, creative and motivational

purposes, have known all along - hypnosis has a genuine effect on the functioning of the mind, as well as the body.

Another area in which hypnosis works is pain control. In fact it is where hypnosis as we know it today all started, James Braid was a surgeon, who became famous for his use of hypnosis when performing surgery with some amazing results in the healing and recovery of his patients.

Much of the work I now do in my busy Axminster clinic involves the same basic principles. I ascertain what each individual really wants or needs to change, and using the power of suggestion and hypnosis (which is just an altered state of awareness) with no loss of control or sleep involved. It just remains to suggest to them to accept that they can do whatever it is they want to do realistically and feel even better than they are doing, alongside a little bit of ego boosting, the way this is done is the clever bit, but it isn't complicated, scary or anything odd, in fact, it's much like listening to a relaxing story with your eyes closed, but the intention is to drive change, so the suggestions are embedded in the story.

Do I succeed? It's not all about me. All I can say is that, many of those men and women who come to see me report back to me that they have improved and for some, their symptoms go completely, and they send their friends to consult me -

which is the highest compliment.

The other area in which, in my experience, hypnosis works well is in diminishing stress, irrational fears, anxiety and phobias - as well as issues with stopping smoking or overeating. For many, overeating and weight loss can be an ongoing struggle, if that's the case, maybe it's time to come and see me, there is no magic wand, no quick fix, but together we can make change happen, if it is really what you want to do.

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HOW TO BE NICE TO YOUR KNEES

By Kate Whiting, Press Association

AS Baz Luhrmann told us in his 1999 song, Sunscreen: "Be kind to your knees, you'll miss them when they're gone."

Some two million people around the world have surgery called knee arthroscopy every year to heal meniscal tears, damage to the crescent-shaped cartilage that cushions the knee joint.

But, according to researchers in Norway, exercise might be just as good at healing these injuries as surgery. They looked at 140 people whose average age was 50, one half of whom had arthroscopic surgery for degenerative meniscal tears and half who had exercise sessions for three months, followed by simple daily exercises at home.

After two years, the research team, led by Nina Jullum Kise, an orthopedic surgeon at Martina Hansens Hospital, found that knee-related quality of life for both groups was the same - and concluded that exercise therapy be given to middle-aged people suffering with meniscal tears.

Steven Berkman, chartered physiotherapist and director of BOOST PHYSIO (www.boost-physio.com), supports the findings and says: "On a daily basis our team work with several patients who have knee problems, who are trying to avoid knee surgery. Over the last 10 years, I have noticed the trend that knee surgeons here in London are more frequently referring patients with degenerative meniscal tears for physiotherapy exercise therapy, rather than surgery, in the first instance."

THE EXPERT VIEW

Berkman says accurate diagnosis is key to knowing exactly what type of knee problem a physiotherapist is dealing with.

"Certain meniscal tears can block the normal movement of the knee joint and can cause further damage to the knee joint if not dealt with properly. Some of these cases will require surgery to prevent further damage or future deterioration of the knee joint. But the vast majority of our patients want to avoid surgery if they can get as good an outcome, or better through exercise."

"Knee pain or injury causes the knee muscles to switch off from working fully, these muscles should be supporting and protecting the knee joint. When these muscles stop doing their job properly the knee joint and menisci take even more pressure and stress. Getting the muscles surrounding the knee joint switched back on and firing correctly is key to successful recovery, as is regaining full flexibility in the knee joint and muscles."

3 EXERCISES FOR YOUR KNEES

Berkman recommends doing the following exercises if you have knee problems and says: "These exercises should be comfortable, if not seek guidance from a physiotherapist."

1. Cycling: In the early phase of rehabilitation, cycling is an excellent exercise as it strengthens the quadriceps and hamstring muscles that support the knee joint, without placing too much pressure on the load-bearing surface of the cartilage that's been torn. Cycling is excellent with helping to improve flexibility in the knee joint.

2. Inner range quadriceps: Sitting on the side of the bed with the affected leg straight out along the bed, make the knee as straight as possible, pushing the back of the knee down into the bed - you should be able to raise your heel of your foot off the bed while keeping the back of your knee down on the bed. Hold for 5 seconds, 20 times. Repeat as above, with the addition of turning your foot and knee outwards slightly so as to engage the Vastus Medialis (part of the quadricep muscle of the thigh).

3. Sit to Stand: Sitting on a chair with knees and hips aligned, squeeze a small ball between the knees with about 50% of your maximum power, to engage the muscles on the inside of the knees and thighs. Maintaining the squeeze, come to a standing position in a controlled manner, sharing weight equally between the painful knee and the unaffected knee. Maintaining the squeeze on the ball between the knees, slowly sit back down. Do 2 sets of 10.



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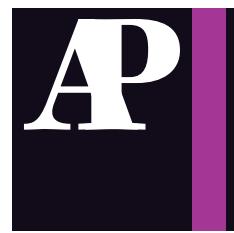
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DEVON Appliances was formed in 2013 as a sister company to PB Home Solutions of Seaton in Devon by Paul Bromfield, PB supply and install leading brands of kitchens, bathrooms & bedrooms throughout East Devon, West Dorset and South Somerset. This was the natural step to take as more and more customers were being supplied "White Goods" and appliances from PB's showroom in Fore Street. Consequently, a new Devon Appliances showroom was opened on Fosseway Park, just off Harepath Road in Seaton.

In 2015 Devon Appliances became members of Euronics thus being able to expand their product range enabling them to offer customers a greater range of appliances together with stable prices.

Devon Appliances hold a full range of white goods from major brands like Bosch, Neff, Siemens, Zanussi, Hoover, Bloomberg, iRobot, Lec, Beko Etc and offer an installation and removal service together with free local delivery.

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DDIG

Devon & Dorset
Investment Group



THIS month saw the exciting launch of a new monthly networking group in the historic town of Lyme Regis. The Devon and Dorset Investment Group (DDIG) has been set up by local property developers, Isabel Knight and Steve Colley, (www.espritproperty.co.uk) with the aim of creating an environment for meeting, educating, connecting and collaborating with other local people interested in or already involved in property investment and property development.

Isabel (family in Beer and now resident in Seaton) and Steve (home town Plymouth) have recently moved back to Devon after 15 years living in France, building and renovating apartments and chalets in the Alps around Chamonix. The idea for DDIG came about from their desire to meet and collaborate with other local people investing in property in the area, and the recognition that there are few other property networking groups in East Devon and West Dorset.

The monthly DDIG meetings will provide a great networking environment and also the chance for attendees to learn about property investment and property development, exchange ideas and meet and connect with local experts able to help them fulfil their property aspirations. Local Lyme Regis Architectural Consultant Jim Larcombe will co host the meetings, and Lyme Regis Football Club have kindly donated their venue for the meetings.

DDIG meetings will be open to everyone, no matter how much experience or property they have, as long as participants are serious about becoming even more successful and willing to be inspired to take action.

The meetings will take place every third Tuesday of the month and each month there will be specific topics relevant to property investors, including up

dates on the local property market and guest speakers who will share their expertise in the market. Rest assured there will be no one selling property at the meetings but there will be a chance to meet others and share opportunities in the local area.

The property seminar will begin at 7pm, however drinks and networking will begin from 6pm. If networking is new to you then don't worry, DDIG will make it easy and fun so that you can enjoy the positive effect of being with like-minded people and also benefit from the practical aspect of tapping into advice, expertise and contacts that you wouldn't otherwise be able to get hold of. Who knows you may find that you meet and make new friends!

So, why not come along to the next DDIG meeting at the Football Club in Lyme Regis on 15th November from 6-9pm: add to your existing property investing knowledge and skills, save yourself, time, money and effort by learning from the experts and build up your personal contacts in the property world. We will have Jim and Steve talking about property development, the inspiring Christeur Gartman sharing his story of getting into property with no money in, we will have another update from Peter Opie on finance options (a key subject for every investor) and Isabel will do another piece of work on building your plan for success.

The meeting is free to attend and there will be tea and coffee available and a bar for those who want something stronger.

Contact Heather Larcombe for more information about DDIG: email: heather@jimlarcombe.co.uk tel: 07824 861909.

www.espritproperty.co.uk



Greenshutters Nurseries & Garden Centre

GREENSHUTTERS Nurseries & Garden Centre is a family run business nestled in the heart of the Somerset countryside. It is open 7 days a week and stocks an extensive range of plants. The Garden Centre has completely changed in the last few years with the layout being completely re-designed. There are new entrances from the road and into the Plant Area and the old-fashioned wooden greenhouse has been restored to its former glory with its bright, white painted wood. Most of the plants are now on tables so you don't have to bend down to look at them and the layout has been designed to make the walk around the plant area enjoyable.

This year Greenshutters Garden Centre is stocking a much larger range of herbaceous perennials and roses, including new and unusual varieties. There is also a new range of quality garden benches dotted among the plants, so you are welcome to wander around the garden centre and take a rest as you go. You can even sit and enjoy the view over Taunton Vale and the Quantocks.

The business also incorporates EVERGREENHEDGING.co.uk, one of the largest stockists of evergreen hedging plants in the country. Thousands of plants are grown every year on the nursery

from small to large, mature hedging plants; the best sellers being Laurel, Leylandii, Photinia 'Red Robin' and Portugal Laurel. These are delivered locally or nationwide or can be collected from Greenshutters Nurseries and Garden Centre.

Greenshutters is run by Dr Roger Eavis, who bought the nursery in 1998 and the business has grown steadily every year since then. "We pride ourselves on good customer service and advice, good quality plants and I hope we have created a pleasant place to wander and enjoy the plants." says Roger, "We have a great team of staff who are always willing to help and give advice". Greenshutters Nurseries and Garden Centre is well worth a visit.

For more information visit their website at GREENSHUTTERS.co.uk or follow them on Facebook at Facebook.com/GreenshuttersGC.



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HOMES & Gardens

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GO BATTY IN THE GARDEN

by Hannah Stephenson, Press Association

THEY may conjure up images of ghostly goings-on around Halloween time, but bats should be welcomed into our gardens.

So says RHS senior horticultural adviser Helen Bostock anyway, who is urging people to make their gardens a haven for these bird-like mammals, as Wild About Gardens Week approaches. This year, the week is focusing on supporting bats.

"Most of us are starting to grasp the idea that there are food chains, that gardens do have their own ecology, and if we start losing those higher up the food chain, including bats, that's not good news for the health of the garden."

"Moths are a big part of their diet, but they will also go for things that fly in dusk, like biting insects such as mosquitoes and midges. They will even go for beetles and insects on the wing. But they can pick off the odd insect if it's resting on a leaf."

"Pest species of moth that will also likely end up as bat prey include tortrix moths, nibbler of many ornamental plants, especially conservatory favourites such as citrus; codling moth, familiar to any gardener who has bitten into a maggoty apple, and leek moth, the bane of leek growers."

According to the Bat Conservation Trust, the presence of bats, whose numbers have declined over the last 50 years, is an indication of a healthy, insect-rich environment.

So, how can gardeners help boost bat numbers? The RHS advises:

- Plant insect-friendly flowers such as Michaelmas daisies - these will attract insects such as moths and make a 'bat feast'.
- Stop mowing a patch of lawn to let the grass grow long, creating a habitat for insect larvae.
- Retain mature trees in a garden; those with hollows can make excellent bat roosts.
- Start a compost heap; lots of bat prey will live in it.
- Put up a bat box or build your own.
- If space allows, build a small pond or water feature - midges and aquatic larvae are the favourites of the pipistrelle bat.
- Reduce light pollution which disorients bats - fit hoods to security lighting and only use low intensity garden lights.
- Avoid pesticides in the garden, especially insecticides that will reduce the prey of bats.
- In summer, keep cats indoors an hour before sunset when bats emerge from their roosts.

Wild About Gardens Week 2016 runs from October 24-30 visit www.wildaboutgardensweek.org.uk

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A timely example, given the present gusty conditions, is Garden Fencing, where this can be replaced or repaired, depending upon condition and the budget available. This can be either Close Board, Panel (with or without Trellis), Post and Rail or Picket Fencing. Eden Garden Fencing and Landscaping also supply and fit Gates (see insets). Whilst we take pride in installing robust and durable fencing products, "cost leadership" is still at the forefront of the business, whilst keeping quality and the principles of design foremost. Much of the work can be done during Autumn and Winter when the ground is less compacted and this time is also perfect for renovating the garden generally. So by Spring many garden improvements can be ready to be enjoyed.

There is now a dedicated Timber Products website, www.edengardenfencing.co.uk, giving examples of the range and quality of workmanship. Additionally, information can be obtained by calling 01297 23596 (mobile 07977 415446) or visiting the general web pages at www.a1-environmental.com



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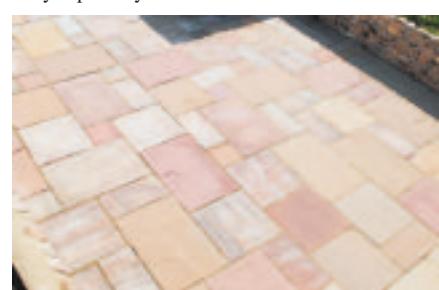
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Don't forget to check the Company's website www.westcrete-ltd.co.uk for their latest Special Offers, it also provides a useful selection of information and tips to customers from a beginners guide to laying a patio to technical advice.



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CHILDREN'S TRICK OR TREAT NIGHT

MONDAY 31ST OCTOBER CHARD GUILDHALL AND TOWN 6 TO 7.30PM

SPOOKY HALLOWEEN FUN AT CHARD'S GUILDHALL & AROUND THE TOWN!



CHARD Town Team is holding its now famous Children's Trick or Treat Night on Monday 31st October starting at The Guildhall Fore St Chard 6.00pm to 7.30pm. With Spooky Dancing from Kelly Leigh, Monster Music from DJ Dan, Apple bobbing, Face Painting and maps to find all the shops and venues kindly supporting this event.

Road closures are in place for the safety of all concerned. Please dress up in your best outfits and come along to scare us....



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Festive Fayre 2016

*An 8 page guide to planning your perfect festive dining experience
in East Devon, West Dorset and South Somerset*

Broadwindsor Craft Centre

Celebrate Christmas at Broadwindsor Craft Centre

THE Broadwindsor Craft and Design Centre has been situated in the heart of the West Dorset's beautiful rolling countryside for the past 29 years. Redundant farm buildings on the edge of the village were the starting point but today the Craft Centre is renowned for its excellence and quality.

The Centre boasts a large restaurant that prides itself on serving delicious home cooked food every day, using quality local produce. The Centre is open from 10am-5pm every day and the restaurant serves breakfast from 10-11:30am, lunch from 12-2pm and cakes and cream teas until 5pm.

Every day of the week you will find a selection of delicious hot dishes to choose from in the restaurant all served with salad or vegetables and potatoes. There are plenty of cold and light options available as well including ploughman's lunches, sandwiches and toasters.

Our restaurant will be serving Christmas lunches on Tuesday's and Thursday's, from November 15th until December 20th (Counter service). If you reserve a table for eight or more people, we will supply crackers and table gifts.

However, it's not all about the restaurant at the Craft Centre. The Christmas room is now open with lots of Christmas decorations, wrapping paper, advent calendars, toys, gifts, cards, food and drink and much more.

The main shop itself is like an Aladdin's cave, with shelves over flowing with extra stock for Christmas. It's full of great gift ideas for any age group. Gift vouchers are also available for the main shop and the restaurant. A high tea or a cream tea



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 & RESTAURANT

CHRISTMAS ROOM NOW OPEN

WITH A FABULOUS RANGE OF DECORATIONS, TOYS,
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 Tel: 01308 868362

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WWW.BROADWINDSORCRAFTCENTRE.CO.UK

FESTIVE

The Windwhistle Inn

THE Windwhistle Inn is fast becoming one of the most popular dining out venues in Chard and the surrounding areas. With its friendly and relaxed approach everyone is made to feel welcome at the Windy. Food is freshly prepared in our kitchen daily and with a Build Your Own Burger section and modern pub classics featuring on the menu, plus an ever changing specials board, the Windwhistle offers something for every person's pallet. Dietary requirements are easily catered for with many vegetarian and gluten free options available as standard. A recent re-decoration of parts of the building has transformed the venue who are well equipped to cater for large parties and well as more intimate occasions. With stunning views of Somerset from the gardens the Windwhistle is the perfect place for weddings or to just sit with a drink and take in the breath-taking scenery.

With Christmas fast approaching bookings are now being taken for both Christmas parties and Christmas Day. The Christmas Party menu will run every day in the run up to Christmas with no need to pre-order if you are a party of less than 10. The ever popular Tribute Act Christmas party nights are also being held on Saturday 3rd December (Michael Buble), Saturday 10th December (Robbie Williams) and Saturday 17th December (Elvis). Early booking for this is recommended. Christmas Day is always special at the Windwhistle but if you would like to join in the Windy's Christmas Day celebrations please book in as soon as possible - the day is well on its way to be full!



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The Windwhistle Inn

Christmas Party Menu

2 Courses £16 • 3 Courses £21
 Monday-Saturday throughout December

Starter Sharing Platters

Deep Fried Brie Wedges
 Sage & Onion Breaded
 Chicken Skewers
 Smoked Salmon
 Honey & Mustard
 Mini Sausages
 Cajun Spiced Sweet
 Potato & Pumpkin
 Seed Salad

Main Course

Roast Crown of Turkey
 Topsides of Beef
 Slow Cooked Beef Brisket
 Nut Roast
 Seared Salmon Fillet
 with Clive Mash.
 Leek & Potato Tart
 Braised Shoulder of Lamb
 with Bubble & Squeak
 Potato Cake

Desserts

Triple Chocolate
 Cheesecake
 Pannacotta Bread &
 Butter Pudding
 Custard Tart with
 Stem Ginger Ice Cream
 Port Poached Figs &
 Oranges with Salted
 Caramel Ice Cream

Christmas Day Menu

£55 Per Person (Children 11 and under £25)

Starters

Chicken, Bacon, Wild
 Mushroom & Leek Terrine
 Smoked Salmon with
 Lemon & Thyme Prawns
 Blue Cheese, Mulled
 Wine Poached Pear &
 Walnut Salad
 Spiced Lamb, Toasted
 Almond, Pomegranate &
 Roast Garlic Salad

Main Course

Roast Crown of Turkey
 Topsides of Beef
 Slow Cooked Beef Brisket
 Nut Roast
 Roast Hake Fillet with
 Hot Smoked Salmon
 Potato Cake
 Spiced Lentil Scotch Egg,
 Butternut Squash Puree
 & Curly Kale

Desserts

Bailey's & Malteaser
 Cheesecake with Ice Cream
 Pannacotta Bread &
 Butter Pudding
 Crème Brulee with Cherry
 & Almond Biscuits
 White Chocolate &
 Passionfruit Parfait
 Port Poached Figs &
 Oranges with Salted
 Caramel Ice Cream

FAYRE 2016

The Anchor Inn

FESTIVE CELEBRATION MENU

STARTERS

Roasted parsnip, apple, honey & sage soup V topped with a swirl of double cream and chives, served with white bread and butter

Chicken liver pate* with caramelised red onion & port marmalade and toasted brown bread

Crayfish cocktail† with salad, house cocktail sauce, a lemon wedge, and brown bread and butter

Baked stuffed mushrooms V stuffed with soft cheese in a white wine & cream sauce, served with garlic bread

MAINS

Hand-carved British turkey with roast potatoes, Yorkshire pudding, pig-in-blanket, rosemary, apricot & leek stuffing and turkey gravy
Slow-cooked beef rib* (£2 extra per person) on the bone, with roast potatoes, Yorkshire pudding, pig-in-blanket, rosemary, apricot & leek stuffing and red wine sauce

Slow-cooked duck breast* with roast potatoes, Yorkshire pudding, pig-in-blanket, rosemary, apricot & leek stuffing and red wine sauce

9oz lamb rump* served pink, with roast potatoes, Yorkshire pudding, pig-in-blanket, rosemary, apricot & leek stuffing and red wine sauce

Red apple & red cabbage roulade V with a Brie cream cheese centre, roast potatoes, Yorkshire pudding, rosemary, apricot & leek stuffing and vegetarian gravy

All of the above is served with Brussels sprouts, carrots, honey-roasted parsnips and braised red cabbage

Festive burger a 6oz beef burger topped with a British 4oz pork burger, streaky bacon, Brie and a cranberry & BBQ sauce. Served with rosemary-salted fries and coleslaw

Oven-roasted cod loin† topped with a sage & onion crumb, on a bed of buttered baby potatoes and fine beans. Served with a thermidor sauce, prawns, grilled lemon and chives

DESSERTS

Christmas pudding V with custard

Gingerbread cheesecake V topped with ginger caramel and chocolate nuggets. With whipped double cream and toffee sauce

Baked Kentish apple & mince pie crumble V apples topped with a spiced mince pie oat crumble, served with custard

Triple-chocolate brownie V served warm, with chocolate ice cream and chocolate sauce

British cheeseboard selection (£1 extra per person)

2 Courses £14.99 3 Courses £17.99



The Aviator Coffee Bar & Restaurant

THE Aviator Coffee Bar and Restaurant in Dunkeswell prides itself in offering a comfortable, high quality dining service.

There are beautiful views to enjoy across the airfield, while you sit back and relax in a modern space.

The Aviator's Christmas menu includes some tempting dishes. Starters include spicy roasted parsnip soup, king prawns in filo pastry and mushrooms in stilton sauce. Main courses on offer, other than the traditional roast turkey with all the trimmings, include rib of beef with black pepper & brandy sauce, creamy spinach & mushroom stroganoff, and poached salmon with parsley sauce. To finish, Christmas puddings, chocolate torte and cheese & biscuits are all on the menu.

Two courses cost £12.95 per person and three courses £16.95 (children's meals are £6.95 and £8.95 respectively). Pre-booking is essential – phone 01404 890009.

The Aviator also caters for weddings, functions and meetings. It also offers a very competitive range of outside corporate refreshments to suit your needs.

Regular events include live music, themed nights and parties.

The Aviator is closed on Christmas Day, the evening of New Year's Eve and New Year's Day, but open for a Boxing Day carvery from 12noon to 3pm – again, pre-booking is essential. Opening times are normal between Christmas and New Year with the Thursday carvery going ahead as usual on December 29th from 5pm to 8pm.



Reeds Restaurant

REEDS Restaurant in Colyford is the ideal place for your Festive meal from 2nd - 23rd December.

Open Tuesday to Saturday from 6.15pm, you'll receive a warm welcome for dinner whether it's just the two of you or for a larger group. Using local fresh ingredients, our Head Chef prepares all the food herself and has built an enviable reputation for her delicious food!

There's plenty of parking as well as accommodation for those who would like to stay overnight. Please see our website for further details and call 01297 553184 to make a booking.



Reeds RESTAURANT

Festive Dinner Menu

Traditional Prawn Cocktail

Lamb and Pearl Barley Broth, baked oregano & cheddar croutons

Cranberry and Brie crostini, pear & apple waldorf salad (V)

Brandy and Chicken liver paté, rocket, balsamic cream

Prosciutto wrapped Salmon fillet with hollandaise sauce, roast new potatoes and seasonal vegetables
Roast Crown of Turkey - chestnut, sage & apricot stuffing, pigs in blanket, duck fat roasties, roast parsnips, seasonal vegetables, rich homemade gravy
Roast Sirloin of Mature Beef - Yorkshire pudding, duck fat roasties, roast parsnips, seasonal vegetables, rich homemade gravy
Vegetable and Chestnut Loaf with cumin and coriander (V) - roasted tomato and garlic purée, wilted spinach & butter beans, roast new potatoes

Traditional Christmas pudding with brandy custard
Tia Maria and Chocolate Tiramisu
Apricot and Almond Tart served warm with cream
Berry Fruits and Meringue Christmas Mess
Tea, coffee and mints

2 Courses - £21.00 per person 3 Courses £27.00 per person

www.swallowseaves.co.uk

Swallows Eaves Hotel, Swan Hill Road, Colyford, Devon EX24 6QJ

Telephone: 01297 553184 Email: info@swallowseaves.co.uk

The Aviator Coffee Bar & Restaurant

Open from 9.00am seven days a week

Christmas Menu Monday to Saturday Lunchtimes

Spicy Roasted Parsnip Soup

Served with ciabatta and butter

King Prawns wrapped in Filo Pastry

Served with sweet chilli sauce and salad garnish

Mushrooms in Stilton Sauce

Served with ciabatta and butter

Traditional Roast Turkey with all the trimmings

Rib of Beef with Black Pepper, Brandy Sauce & Yorkshire Pudding

Creamy Spinach & Mushroom Stroganoff

Poached Salmon with Parsley Sauce

All served with roast potatoes and seasonal vegetables

Christmas Pudding with Brandy Sauce

Chocolate Torte & Cream (gluten free)

Cheese and Biscuits

Two Courses £12.95 Three Courses £16.95

Children £6.95 and £8.95

Pre booking essential, please call or email to request a booking form

Please telephone 01404 890009

The Aviator Dunkeswell Airfield E14 4LG

The Admiral Hood

Enjoy the festive season at The Admiral Hood

THIS Christmas is set to be a great one at The Admiral Hood in Mosterton, near Beaminster. Enjoy live music on Christmas Eve from the fantastic Dan Hamilton (formerly of Mathers Vinyard). Christmas Day itself there is no food, but they will be open for drinks from 12-2pm. The pub will be open all day on Boxing Day, and open as normal the rest of the festive season with food served from 12-2pm and 6:30-8pm.

The Christmas menu is always very popular with dates booking up fast. However, there is still space to celebrate on the evenings of Friday 9th, Saturday 10th, Saturday 17th and Friday 23rd December. You can enjoy a sumptuous three course meal including coffee for just £17.95 or two courses for £14.25.

There are also a number of lunch time dates available for the special Senior Citizens Christmas menu. These dates are Tuesday 6th, 13th and 20th, Wednesday 7th, 14th and 21st, Thursday 15th and 22nd and Friday 9th and 16th December. The three course menu is just £12.95 or enjoy two courses for £9.95, with both options including a coffee & mint to finish.

If you enjoy good pub food in a friendly atmosphere, then book your Christmas party at The Admiral Hood. For bookings call 01308 868338 or visit the website for a booking form www.admiralhood.co.uk



THE ADMIRAL HOOD

Christmas Menu

Friday Evening 9th and 23rd December
Saturday Evening 12th and 19th December
3 Courses £17.95 / 2 Courses £14.25
including coffee & mint

Senior Citizens Menu

Tuesday Lunchtime 6th, 13th and 20th
Wednesday Lunchtime 7th, 14th and 21st
Thursday Lunchtime 15th and 22nd
Friday Lunchtime 9th and 16th
3 Courses £12.95 / 2 Courses £9.95
including coffee

Book early to avoid disappointment
Please pre-order choices at least a week before your booking

Full menus and booking forms are on our website www.admiralhood.co.uk

Telephone 01308 868338
Mosterton, Beaminster, Dorset, DT8 3HJ



Eyre Court Hotel



THREE courses for £25.95

Starters

Roasted French Onion Soup.

Potted Salmon Rillettes.

Chicken Liver and Chorizo Mille-Feuille.

Mains

Traditional Roast Turkey and Gammon with Pork, Sage and onion and Cranberry Stuffing, Pigs in Blankets, Roasted Potatoes, Parsnips and chefs Turkey Gravy.

Slow Braised Lamb Shank with Black Pudding mash and a Red current and Rosemary Gravy.

Pan Roasted Plaice Fillets with a Fresh Ginger and Spring Onion Cream Sauce and Crushed New Potatoes.

Mushroom, Leek and Three Cheese Tart with a Rocket and Pine Nut Salad and Crushed New Potatoes.

All served with Seasonal Vegetables.

Desserts

Christmas Pudding Strudel with Brandy Custard.

Raspberry Ripple Crunch Terrine with Whiskey Cream and hazel Nut Granola.

Jaffa Cake Pudding.

Taking bookings now.

Please phone 01297 21455.



EYRE COURT

RESTAURANT, BAR AND HOTEL

01297 21455

2 Queen Street, Seaton

www.eyrecourtotel.co.uk

info@eyrecourtotel.co.uk



New Farm Restaurant

RECENTLY described on Tripadvisor as a "Hidden Gem", New Farm Restaurant is situated just off the A303 in the picturesque village of Over Stratton. Family run, with sisters Sue & Jane, Crispin and sons Ben & Jack they have built up a deserved reputation. All the food is homemade and freshly prepared on the premises using lovely local produce. The Festive season set price menu is no exception and is ideal for Christmas get-togethers. New Farm Restaurant is the place to be, celebrate with fine food and friends, local ales & Ciders and even wine, crackers on the table and carols in the air. Monthly Gourmet Nights are held on the 1st Thursday of every month, Italy for November 3rd and Thai for December 4th and there is a monthly Ladies Lunch on the 2nd Wednesday of the month.



FESTIVE

Felt Christmas Tree Ornament Tutorial

www.buddlycrafts.com

Handmade by Josie Day

WHILST I love zooming up and down on my sewing machine, there's something about the shorter winter nights which makes me want to curl up in front of the fire with a hand sewing project and here's the ideal make - Funky little felt ornaments. They're perfect for hanging on your tree or adorning that special present. I've also included a free-standing version, offering up even more decorating possibilities for your dinner table or festive mantel!

Step 1. Trace around the wooden Christmas tree shape onto your green and brown felt and cut out the required number of pieces. You will need two green tree fronts and one brown trunk for each ornament. I used a light green felt which, combined with bright buttons, gives a really modern feel to the project. Should you prefer a more traditional theme, simply use a darker felt and scarlet buttons.

Step 2. Place the mini buttons into a pleasing arrangement and then stitch securely using matching thread.

Step 3. Using green thread stitch around the tree shape, inserting a burlap loop at the top and the brown trunk piece at the bottom.

Step 4. If you are making the free standing version, colour a craft stick with brown felt-tip pen and insert along with your stuffing.

Step 5. Insert the craft stick into a large wooden bead or wooden sewing bobbin.

Step 6. That's it! Now simply give your new handmade ornament pride of place amongst your other decorations!



local Produce
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Christmas is Coming!

Make it special

- * Set Price Festive Menu
- * Party Night New Years Eve
- * Open Christmas Day

Visit our website for details

Jane, Crispin & Sue
look forward to welcoming you

Tel: 01460 240584

to book your table

New Farm Restaurant

Over Stratton, Nr South Petherton, Somerset

www.newfarmrestaurant.co.uk

FAYRE 2016

Marvellous Mince Pies

Ingredients

350g/12oz high quality mincemeat, preferably home-made
200g/7oz plain flour, sifted
40g/1½oz golden caster sugar
75g/2½oz ground almonds
125g/4½oz unsalted butter, diced
1 large free-range egg, beaten
milk, to glaze

Preparation method

1. Lightly butter a 12-hole pie or patty tin. Tip the mincemeat into a bowl and stir so that the liquid is evenly distributed.

2. Place the flour, sugar, almonds and butter in a food processor and process briefly until resembling breadcrumbs, then slowly add the egg through the feeder tube. (Or rub the butter into the dry ingredients by hand and stir in the egg.)

3. Bring the mixture together with your hands, wrap in clingfilm and chill for an hour or so. Thinly roll out the pastry on a floured surface. Cut out 12 circles with a fluted pastry cutter, large enough to fill the base of the prepared tin. Press gently into each hole, then fill with the mincemeat.

4. Cut out another 12 slightly smaller discs and use to cover the mincemeat. Press the edges together to seal. Make a small slit in the top of each, then brush lightly with milk. Chill for about 30 minutes.

Meanwhile, preheat the oven to 200C/400F/Gas 6.

5. Bake the pies for 20 minutes until golden brown. Remove to a wire rack and serve warm.



Symondsbury Estate Christmas Market



THE Symondsbury Estate Christmas Market is now in its fourth year, and this year takes place on Saturday 3rd December from 10am until 7pm.

Expect to find locally produced food and drink such as chutneys, cheeses, cider and wine on offer, as well as unique, vintage, upcycled and hand crafted items on sale.

This year, we will be introducing a "Secret Present Service": a pop up shop will be in the Old Pottery to enable children to secretly buy affordable presents for their families. Adjacent to the secret shop will be Santa's grotto, where the big guy will be available for children to meet at specific times.

Symondsbury School will be entertaining visitors with carols along with the St Swithuns Brass Band. There will also be some interactive games to keep the little ones entertained. Symondsbury Kitchen will be providing refreshments throughout the day, and there will be outside food and drink outlets to include mulled wine, cider & burgers and a fully licensed bar in the Tithe Barn. A variety of retail and artisan units will also be open in Manor yard for some original Christmas gift ideas.

CHRISTMAS MENU

FIRST COURSE

CHICKEN LIVER PARFAIT, RED ONION MARMALADE & TOASTED SOURDOUGH
SMOKED SALMON, HORSERADISH CRÈME FRAÎCHE, & ROASTED BEETROOT
SPINACH & RICOTTA ROULADE & SUN DRIED TOMATOES
SPICED CURRIED PARSNIP SOUP WITH RUSTIC BREAD

MAIN COURSE

TRADITIONAL CHRISTMAS ROAST WITH LOCAL TURKEY & ALL THE TRIMMINGS,
THYME ROASTED POTATOES AND SEASONAL VEGETABLES
WELLINGTON OF BUTTERNUT SQUASH WITH CHESTNUTS, THYME ROASTED POTATOES &
SEASONAL VEGETABLES
PAN FRIED SEA BASS, ROASTED FENNEL & VINE TOMATOES WITH CREAMY POTATO MASH
SLOW COOKED CASSEROLE OF VENISON, DAUPHINOISE POTATOES & SEASONAL VEGETABLES

PUDDING

TRADITIONAL CHRISTMAS PUDDING WITH BRANDY SAUCE
CLEMENTINE & CRANBERRY PUDDING WITH GINGER STEM CREAM
RICH CHOCOLATE TORTE WITH CHANTILLY CREAM
SELECTION OF LOCAL CHEESE WITH HOMEMADE OATCAKES & SK CHUTNEY

BOOKING ESSENTIAL - THURSDAY AND FRIDAYS ONLY
FLEXIBILITY ON DAYS FOR PRIVATE PARTIES OF 10 OR MORE
2 X COURSES £20
3 X COURSES £25

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Symondsbury Estate Christmas Market 2016

AT MANOR YARD, SYMONDSBURY, BRIDPORT DT6 6HG
SATURDAY 3RD DECEMBER
10AM - 7PM

SANTA'S GROTTO, CAFE, FARM SHOP, CAROL SINGING, MULLED WINE AND
A VARIETY OF STALLS SELLING A FABULOUS ARRAY OF CHRISTMAS GIFTS!

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Christmas Party Night

SATURDAY 10TH DECEMBER

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£49.50 PER PERSON

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RAY Pisani opened his stylish and contemporary restaurant, nestled just off the square in Axminster, almost three years ago. The business, which is named after the acclaimed chef and his business partner and long-time friend Franco Pisani, as they coincidentally share the same surname, has continued to gain a reputation for exquisite food served within the calm and comfortable town centre oasis.

Originally from Malta, Ray followed in his father's footsteps and started cooking at the tender age of six. The family owned a busy restaurant on the island and Ray began to learn his craft along with how to best manage a popular business.

"At that time a bread roll, a bottle of coke and a plate of chips worked out to about seven and half pence in today's money," Ray said.

A keen fisherman, the culinarian honed his skills as a teenager, cooking his catch and learning how to best use the traditional Maltese ingredients and

methods.

Ray made the move to the UK in 1984 and started work as a sous chef in Cardiff. After very quickly working his way up to a head chef position, the friendly foodie soon decided it was time to strike out on his own and opened his first restaurant with just £25 to his name. With steely determination and an energy and enthusiasm for his cuisine, he quickly became a huge success, gaining numerous accolades and cooking for a whole host of celebrities, including Tiger Woods, Les Dawson and the cast of *Are you being Served?*

After moving to the Devon town in 2013, Ray has fast become something of a local celebrity and loves being close to the sea and the countryside while immersing himself in all aspects of the local community.

The restaurant is open throughout the day and has many regular customers. It also opens at 5pm in the evening, so is an ideal pit stop for a pre-shows meal, with the Guildhall just a stones throw away.

The Mediterranean cuisine is prepared to order with locally sourced ingredients where possible and with a vast array of daily specials, offers something for everyone.

Ray said: "It's genuine food, real food and everything is fresh and cooked to order. Everything originates from the Mediterranean style of cuisine, with the seafood dishes perfected from years of catching fish and experimenting with fresh ingredients."

Be in with a chance of eating for free at Le Pisani!

Once a month on a day of Ray's choice, the entire restaurant will receive their meals FREE*. All you need

to do is book a table by 5pm that evening.

Ray said: "I wanted to give something back to the community and thought this was something people would really enjoy."

Be in with a chance of eating for FREE at Le Pisani!

Once a month on a day of Raymond's choice, the entire restaurant will receive their meals FREE*. All you need to do is book a table by 5pm.

*not including drinks. Table must be booked before 5pm. Ray chooses the day and no alternatives will be offered.



Our
Lunchtime
menu offers
all meals at
under £10!

Le Pisani
café • restaurant • bar

90% of our
menu is
Gluten Free
Please ask for
more details

Experience some of Le Pisani's
finest dishes.

Why not start with a delicious first course, from Deep Fried Brie served with French toast and cranberry sauce to warm Mediterranean breads and olives served with balsamic vinegar and olive oil.

STARTER

Scallops £7.50

Locally hand-dived Lyme Bay Scallops delivered live to ensure an exquisite, fresh and flavoursome taste.

MAIN

Hake £15.95

Its mild flavour is often underrated but offers a subtle alternative to cod with the firm and meaty flesh pouched in an authentic Sicilian sauce.

All fish and meat arrive fresh and local, except our whitebait and prawns, which arrive frozen. These can be pre-ordered fresh at a further cost.

Majority of main meals are available as a child's portion at half price. Excludes steaks.

CHRISTMAS MENU

Traditional Christmas Turkey
or Vegetarian Roast Wellington
With all the trimmings and rich roast gravy

Our main restaurant menu and specials will also be available.

During December all meals will include Christmas Crackers and Christmas Poppers

TAKING BOOKINGS NOW FOR CHRISTMAS PARTIES

Parties can book up to a capacity of 50 people within the restaurant and up to 70 people throughout the front of house.

*Not including table drinks. Table must be booked before 5pm. Raymond Pisani chooses the day and no alternatives will be offered.

We serve food until 10pm from Monday to Saturday and until 3pm on Sunday. All prices include VAT at the current rate. All tips are retained by our team members. Some of our fish dishes may contain small bones. All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients – if you have a fish allergy, please let us know before ordering. Full allergen information is available, please ask a team member for details.

THE ITALIAN JOB

Take away Pizza - 01297 32460

Special Deal: Pasta or one 12" Pizza with the choice of 3 toppings selected by you, and one bottle of the finest house wine £15 with free home delivery*

Margarita Pizza
& 3 toppings £10.50

Pepperoni Sausages, Spicy Chicken, Beef, Salami Milano, Ham, Bacon, Tuna, Prawns, Anchovies, Artichokes, Mushrooms, Onions, Pineapple, Sweetcorn
Extra Topping 95p

Drinks (2L)
Bottle of Fanta £2.00
Bottle of Sprite £2.00
Bottle of Coca Cola £2.00
Bottle of Diet Coco Cola £2.00

Pasta Dishes £9.95
Lasagne, Bolognese, Primavera (Vegetarian), Carbonara, Salmone, Marinara

Extras
Onion Ring £1.50
Chips £2.00
Mixed salad £2.00
Garlic Bread £2.00
Bruschetta (Tomato & Cheese Melt) £2.50

Enjoy Le Pisani's 12" Pizza choices (not included within the special deal)

1 - Margherita £8.95
Mozzarella, Cheese, Tomato

2 - Alla Fattoria £10.50
Ham, Mushrooms, Mozzarella, Cheese, Tomato

3 - Hawaiian £10.50
Ham, Pineapple, Mozzarella, Tomato

4 - Alla Grande £12.50
Pepperoni, Spiced Minced Beef, Mushrooms, Red Onion, Mozzarella, Cheese, Tomato

5 - Vegetariana £10.50
Mushrooms, Mixed peppers, Onions, Mozzarella, Cheese, Tomato



6 - Pepperoni Calabria £10.50
Double Pepperoni, Extra Mozzarella, Tomato

7 - BBQ Texana £11.50
BBQ sauce, Double Crispy Bacon, Chicken, Mozzarella, Tomato

8 - Alla Carne £12.50
BBQ sauce, Spicy Pork, Sausages, Ham, Pepperoni, Beef, Mozzarella, Tomato

9 - Polli Supresa £11.50
Chicken, Mushrooms, mixed peppers, Red onions, Mozzarella, Tomato

10 - Carne Mista £12.50
Pepperoni, Spicy Minced Pork, Spiced Minced Beef, Crispy Bacon, Chicken Mozzarella, Cheese, Tomato



*within an 8 mile radius

Joe Delucci's®
GELATO

Gelato Italian

Ice-cream handmade in Turin, Italy, for a traditional taste, from a choice of strawberry, vanilla, chocolate, rum & raisin, mint choc chip, mango and much more.



Traditional Sunday Roasts

served with all the trimmings – a perfect way to end the weekend.

Starters - £3.95

Garlic Mushrooms, Lemon Chicken, Duck Pate

The Roast - £10.95

Ribeye Beef, Chicken, Gammon, Pork, Lamb, Turkey
All roasted fresh that morning, all roasts served with a giant homemade Yorkshire pudding

Dessert - £3.95

St Honore, Lemon & White Chocolate Cheesecake, Blackcurrant Florette, Lemon Meringue Pie, Chocolate Sponge Pudding, Syrup Sponge Pudding



Lyme Bay Pizza

WELCOME to Lyme Bay Pizza. This month we will be launching our winter menu with all new dishes on there and some of the old favourites. We like to keep our menu fresh and interesting to all our regular customers working with the same ethos of, contemporary ingredients and combinations with big flavours at competitive prices. We have also now perfected our gluten free base so you can now enjoy all of our pizzas even if you can't have gluten.

If you're looking for a venue for party we have looked after many events over the past year from 60th birthdays to student evenings. We can cater for buffets, sit down meal of a bespoke menu for 1, 2 or 3 courses or pre order from the menu. There is a fully licenced bar where we have a range of beer, ciders and ales, wine, spirits and soft drinks.

As the winter draws in and as it gets colder we have invested in some outdoor

heating to go with the blankets we already have so you can enjoy the best views of the bay in comfort, as long as it's not raining!

This year fireworks night in Lyme Regis is on Saturday 5th November. We can offer a great venue to watch from as we are situated on the seafront and why not combine that with dinner and drinks. We cater for all ages with our children's menu and allow dogs on our terrace. So book now as space is limited.

We are now taking bookings for Christmas parties. 2 Courses £15.50 3 Courses £19.00 with a glass of prosecco, coffee and mince pies. Choose from any of our starters & desserts and any main course from the menu or Christmas specials.

Keep a look out on Facebook, Twitter and the website for promotions and special offers.

Call us on 01297 442699 29 or visit our website at www.lymebaypizza.co.uk. Marine parade, Lyme Regis Dorset DT7 3JF



CHRISTMAS AT
LYME BAY
PIZZA
EST. 2015

2 COURSES
£15.50

3 COURSES
£19.00

WITH A GLASS OF
PROSECCO, COFFEE
AND MINCE PIES

CHOOSE FROM ANY OF OUR
STARTERS & DESSERTS AND ANY
MAIN COURSE FROM THE MENU
OR CHRISTMAS SPECIALS

Make your own Super Santa Cupcake

Preparation time 30 mins Cooking time 25 mins • Makes 12 cupcakes

Ingredients

For the Cupcake

200g Unrefined golden caster sugar
200g Butter (unsalted) softened • 3 eggs
200g Self-raising flour • 1tsp Vanilla extract

For the Father Christmas Topper

250g each of Sugar paste icing in red, chocolate, white & black • 60ml Water • Apricot Jam

Preparation method

1. Preheat the oven to 180°C (160°C fan, gas mark 4) and line a 12 hole cupcake tin with cases.

2. Cream together the butter and sugar until pale and fluffy, then add the eggs one by one mixing in well in between then add the vanilla extract. Fold in the flour then spoon into the cases.

3. Place in the oven for 20-25 minutes or until golden and a skewer come out clean.

4. To make the father christmas cake topper, use the red sugar paste icing and roll out a ball about 5cm in diameter then flatten the base. Next roll out a sausage about 10cm long and 1.5cm diameter for his arms and finally make a cone shape for his hat and squash the pointed end over to one side.

5. Take some of the white icing and a little of the red and roll them together until the red blends in to give you a pink colour for his head.

6. Next take some black icing and roll 2 small balls for eyes, 2 larger balls for his gloved hands and then roll out a little for a belt.

7. To assemble, use a little water to glue the black belt onto the red body. Next finish the

arms by attaching the black hands to the ends of the red 'sausage' shape. Then roll out some of the white icing until is around the end of the arms for his cuffs, using some water to glue. Then cut the arms leaving a diagonal edge. Attach these using a little water, squashing the arms around the body.

8. Next make a small ball using the white icing for a pom pom and attach to the top of the hat.

9. To finish, cut a disc of white icing and cut out a small edged piece for his beard, and 2 smaller pieces for his moustache. Make a small ball using red icing for nose. The attach 2 small balls of white icing and small black icing balls for his eyes.

10. To decorate your cupcake, roll out some chocolate icing and cut into disc, place this on the cake using some warm apricot jam to stick. Then place the jolly father Christmas on top.



Winstons
Christmas Menu 2016

Classic Winter Vegetable Soup
with warm Crusty Bread & Butter
King Prawns cooked in a Garlic Butter
with a Seasonal Salad
Deep Fried Breaded Brie
with a Cranberry Compote & Salad
Duck & Orange Pate
with Melba Toast, Salad & Chutney
Stilton Stuffed Baked Field Mushroom

with a Cheese and Herb crust,
on a Bed of Rocket Salad
& Balsamic reduction

Classic Roast Turkey
with all the Trimmings, Roast Potatoes & Vegetables
Chestnut, Spinach and Blue Cheese on croute
with Roast Potatoes & Vegetables

Roasted Belly Pork
with Wholegrain Mustard Mash, Red Wine Shallot & Vegetables
Slow Roasted Lamb
with Roast Potatoes & Vegetables
Pan Fried Fillet of Salmon
with Wilted Spinach, Roasted New Potatoes & a Lemon Parsley Sauce

Classic Christmas Pudding
with Brandy Sauce
Lavender Creme Brulee
with a Shortbread Biscuit
Lemon & Lime Cheesecake
with Mango Sorbet
Raspberry and White Chocolate Torte
with Double Cream
Irish Cream Chocolate Pie
with Vanilla Bean Ice Cream

Two Courses £15.95 Per Person – Three Courses £19.95 Per Person

Please speak to a member of staff if you'd like a menu and booking form to take away

Call us on 01297 20494 or pop in to book your Christmas meal

THE ULTIMATE LEISURE GUIDE FOR

EAST DEVON & SOUTH SOMERSET

View 2



STRAIGHT OUTTA CRUTTENDEN

Hal Cruttenden brings his hilarious
show to the Marine Theatre

See page 40

Diary Dates

TUESDAY, OCTOBER 25TH

SIDMOUTH: Tea Dance at All Saints EX10 8ES, 2.30pm
SEATON: Cooking For One Demo with HALFF (Health and Local Food for Families), 11am-1pm. Free healthy cooking demonstrations giving hints and ideas for cooking for one and covering nutritional advice for type 2 diabetes, heart disease, high blood pressure and modified diets (eg puree/fork mashable). At the United Reformed Church, Cross Street, Seaton EX12 2LH. No need to book, just turn up, it's free. Call Laura on 01297 61782 for more information or email laura@halff.org.uk

CREWKERNE: Computer Drop-in – Questions answered and help provided. 10am to 12 noon at Henhayes Centre, £2/E3.

CREWKERNE: Tuesday Welcome Group at Henhayes Centre. £2.50 incl coffee per session. For people 50+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged (£3.00) and members usually stay for a cooked lunch priced at £6.00 including tea or coffee. Please call 01460 74340 for further details.

CREWKERNE: Henhayes Knitters at Henhayes Centre. Come and enjoy a knit and natter afternoon and make items for yourself or for sale at the Centre. 2 – 4pm

COTLEIGH: Unique Halloween Baking, with Wendy's Cookshop (Aprons and all Ingredients Included £40 per person) Cotleigh Village Hall 6.30-9pm, contact 01404 45940 to book

WEDNESDAY, OCTOBER 26TH

UPLYME: Uplyme and Lyme Regis Horticultural Society meeting in Uplyme Village Hall at 7:30pm has the topic Wild Flowers of East Devon. Our speaker, Mike Lock of the Axe Vale Conservation Society has a wealth of knowledge of our local flora, and will be able to show us pictures of many local plants, including some rarities. Members free, visitors £3 and tea/cakes will be available.

CREWKERNE: Bingo – Cash prizes – "eyes down" at 2.30pm at Henhayes Centre.

THURSDAY OCTOBER 27TH

NEWTON POPPLEFORD: American Square Dance class at the village hall, weekly on Thursdays, 2 – 4 pm. starting 8th September. £2.50 per session including tea/coffee. Come and give it a try. You don't need to bring a partner. Contact: Jean 01395 568155

CLAPTON: Clapton & Wayford Village Hall AGM will take place at 7.30pm. Lottery funding has recently been received in order to construct 3 disabled parking bays and install a hearing loop, which it is hoped, will enhance the viability of the hall for the wider community. These additional facilities have now been completed and will be demonstrated during the AGM. This will be followed by cheese & wine when any questions may be asked/suggestions for the future made. Please try to attend to find out how the hall has progressed over the past year & if possible offer your services to help keep this valuable asset alive. New residents particularly welcomed; ring Mary for further information (01460 74849)

HONITON: Honiton History Society meeting on in the Methodist Hall, Chapel Street, Honiton at 7.30pm. The speaker will be Dr Todd Gray MBE and his topic will be 'Reputations and Slander in Elizabethan England' (or how to swear like an Elizabethan!). Visitors welcome £2.

CREWKERNE: Over 50s Keep Fit – 10am to 11am at Henhayes Centre. £2.50 for members/ £3.50 for non-members.

CREWKERNE: Physio Fit – 10.30 am to 11.45 am at Henhayes Centre. £2 for members/ £3.00 for non-members.

CREWKERNE: Short Mat Bowls. 2 – 4.30pm at Henhayes Centre. New members welcome, come and give it a try.

FRIDAY OCTOBER 28TH

SEATON: Free Cooking Demonstrations For Heart & Diabetes with HALFF (Health and Local Food for Families). 10.30-12.30 Free healthy cooking demonstrations giving hints and ideas for cooking and covering nutritional advice for people with, or at risk of, type 2 diabetes, heart disease and high blood pressure. At the United Reformed Church Hall, Cross Street, Seaton EX12 2LH. No need to book, just turn up, it's free. Chat, learn, eat. Call Hannah on 01297 631782 for more information, email hannah@halff.org.uk or go to www.halff.org.uk.

TATWORTH: Film: 'Our Kind of Traitor' (cert 15) at Tatworth Memorial Hall, doors 7.15pm for 8pm. Organised by T&F Movies. For more details call 01460 220198.

CREWKERNE: Sequence Dancing at the Victoria Hall, 1.45pm-4pm. Tea and biscuits. Raffle, £2 per person. For more details call 01935 415520 or 01308 862866.

OFFWELL: Firework extravaganza at the Playing fields, Offwell, Nr. Honiton, Gates open 6.15, Twirl-stars and lantern parade, fireworks at 7.15 pm. Under cover viewing area, BBQ, hot drinks, bar, indoor bouncy castles, good night of fun for everyone.



Colyton, Colyford and District Memory Café
 St John Hall King Street Colyton
 The first Wednesday of each month 2 - 4pm

If you, a friend or a loved one is suffering from memory loss or has been diagnosed with early dementia we offer an afternoon of friendship and support for you and your carer.

Our volunteers are available to carers for a quiet chat and can provide information, leaflets and signposting advice. We also aim to have regular visits from health professionals.

Why not come along to share opportunities with others to reminisce and enjoy some music, talks and quizzes, or just come along for a cup of tea and some cake!

We welcome friends from all the surrounding villages. Some parking is available plus a large drop off point
 For more information, ring Diane 07970 626774

The Henhayes Community Centre in Crewkerne

Open to all 5 days a week for lunch, tea or coffee 9am to 4.30pm and Saturday mornings for coffee or tea and cakes from 10am to 12 noon
 Licensed premises
 The Centre can also be hired

LOOK WHAT'S ON

Breakfast / Brunch

Saturday October 29th

10 – 12noon (last order 11.30am)

Basic Breakfast £4.00

(Sausage, bacon, egg, beans or tomatoes, toast and tea or coffee)

Extras available at 50p each

Get your tickets now for our

CLASSICAL CONCERT

Friday November 11th

Concert only £10 at 7.45pm

Supper & Concert £18 at 6.30pm

Kim Connor (piano), Jess and Emily Dalwood (harp and vocals)

The Henhayes Community Centre, South Street Car Park, Crewkerne

Tel: 01460 74340

www.henhayes.co.uk

ILMINSTER arts centre AT THE MEETING HOUSE

FIND A TREE

Until Sat 29 October

Last chance to see!

DAVE NEWTON TRIO

Friday 28 October 8pm

Tickets £16 (pre-show supper £13 at 7pm, must be pre-booked).

Jazz with special guests Alex Garnett & Nigel Price

A WAY WITH WORDS

Friday 4 November 6.45pm

Tickets £5 (includes free drink)

Local wordsmiths perform short works on the theme 'A Winter's Tale'. If you want to take part call Angela Huskisson 01460 241871.

Box Office: 01460 54973

www.themeetinghouse.org.uk
info@themeetinghouse.org.uk

East Street, Ilminster, Somerset, TA19 0AN
 Open Mon-Fri 9.30-4.30, Sat 9.30-2.30

Ballroom & Salsa Classes all located in Honiton



NEW - SOCIAL SALSA AND LATIN
 Semi private classes start week of November 1st
 For more info and to register, contact Terance on 01404 46497 Honiton
 Ball Room classes on going.

The Little Farm Shop & Farmhouse Kitchen WELLINGTON FARM ~ WILMINGTON



www.thelittlefarmshop.com
 Home Reared & Produced Bacon, Sausages, also Steak & Ale Pies, Chutney, Burgers & Lots More. Visit our SHOP & CANTEEN – DELI For Good Home Cooking Breakfast – Lunch - Cream Teas. Bookings taken 01404 831885

CLIVE SMITH & HIS ARCADIA JAZZ BAND Band for all occasions

Email arcadiajazzband@yahoo.co.uk

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AXMINSTER SHOWGROUND • EX13 7RA

EVERY SUNDAY 1-4pm

On 50 acre site, all sellers, cars, vans & trailers

£7 for as much room as required.

No Dogs allowed on site

Strictly no helpers or buyers before 1pm

No need to book, gates open to sellers 11am

For further information tel: 07511 195858 or 07979 845914

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ILMINSTER, CREWKERNE, SOUTH PERROTT other venues to come!

www.beefitfitness.co.uk

Call Ali now 0775 3533727 to register your interest

Diary Dates

one. Proceeds to ORG&VHC. charity no. 300915.

CREWKERNE: Big Breakfast at Henhayes Centre. 10 – 12noon (last order 11.30). Basic breakfast £4.00, Extras 50p each.

FRIDAY OCTOBER 28TH & SATURDAY 29TH

CREWKERNE: Dinosaur Park – The Jurassic Parody by Superbolt Theatre. Professional comedy theatre production based on Spielberg's classic Jurassic Park. At Wadham School. Tickets available from Crewkerne Town Hall or www.egotickets.com Event organised by Creative Crewkerne. 7.30pm on Friday, 2.30pm on Saturday.

SATURDAY OCTOBER 29TH

THORNCOMBE: Childrens Halloween Party 3pm-5pm at Thorcombe Sports & Social Club, to include a small buffet tea and party games. Don't forget to wear your spooky costumes.

MISTERTON: Jumble Sale 2pm to 3.30pm, Misterton W.I. Hall (TA18 8LX). Entry 20p. Light refreshments available. In aid of W.I. Hall funds. Enq. 01460 78931/77599.

AXMINSTER: Concert for Hospiscare in memory of Hilary Juster. A varied programme of music played by the many local music groups with which Hilary was associated. At the Minster Church, 3pm. The concert will be followed by tea and cakes. Donations please to Hospiscare (suggested donation £10)

LYME REGIS: Local crafts and collectables at the Baptist Church Hall, Silver Street, from 10.30am. Free admission. Well behaved dogs welcome. Supporting FORCE cancer charity.

WEST HILL: Afternoon of poetry and literature at a book fair at the Royal British Legion Club. This special afternoon will feature local authors, children's storytellers, and a special Book Launch by poet, Jeni Braund and thriller writer, John Hall. Jeni Braund will be launching 'Heartlands: The Poetry of Jeni Braund'. All proceeds from the book will be donated to the blood cancer charity Anthony Nolan. West Hill Royal British Legion, 12-4pm.

SUNDAY OCTOBER 30TH

COLYFORD: Indoor Boot Sale at Colyford Memorial Hall, 9am-2pm. To book a table (£5) or for more details call 07891486839.

SEATON: Visit King Johns Oak, 10am – 12pm. Exploring the wildlife of these amazing ancient trees, courtesy of their guardians at Woodend Park, Shute, Colyton, with Keith Alexander from the Ancient Tree Forum. Booking essential. £4 donation towards Devon Wildlife Trust. Parking details and where to meet given on booking. Event Booking: legacy-tolandscape@gmail.com or ring 01404 310012

SEATON: Help King Johns Oak, 2pm – 4pm. Practical session clearing vegetation choking this magnificent 800 year old tree in the medieval deer park of Woodend Park near Shute. Booking essential. Parking details and where to meet given on booking. Event Booking: legacytolandscape@gmail.com or ring 01404 310012

BEER: Annual Fishermens Harvest of the Sea service at the Congregational Church. 6pm for 6.30pm. Followed by harvest supper.

MONDAY OCTOBER 31ST

AXMINSTER: Carnival Bingo at the Guildhall. Doors open 7pm, eyes down 8pm.

MISTERTON: Bingo at Misterton Village Hall. Doors open 6.45pm, eyes down 7.30pm.

CREWKERNE: Physio Fit – 2 sessions 9.40 – 10.40 at Henhayes Centre, and 10.45 – 11.45am. £2 for members/ £3 for non- members.

CREWKERNE: Short Mat Bowls at Henhayes Centre. 7-9.30pm. New members welcome. Come and give it a try.

TUESDAY NOVEMBER 1ST

AXMINSTER: Axminster Probus Club for retired and semi-retired business and professional men meets at 10.00 for 10.30am in a private room at the A35 Pit Stop, Gammons Hill, Kilmington for a talk by Robert Musgrave entitled 'More Talk About Inn Signs' and an optional lunch. For further details ring 01460 220528.

CREWKERNE: Computer Drop-in – Questions answered and help provided. 10am to 12 noon at Henhayes Centre, £2/E3.

CREWKERNE: Tuesday Welcome Group at Henhayes Centre. £2.50 incl coffee per session. For people 50+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged (£3.00) and members usually stay for a cooked lunch priced at £6.00 including tea or coffee. Please call 01460 74340 for further details.

CREWKERNE: Henhayes Knitters at Henhayes Centre. Come and enjoy a knit and natter afternoon and make items for yourself or for sale at the Centre. 2 – 4pm

More Diary Dates on page 40

Deadline is Friday 4pm for the following Tuesday's publication.

Please ensure dates are included for all listings – weekly listings without dates may not be published.

Send your diary dates to rob@viewnews.co.uk

VIEW FROM



this November

IS IT really November next week? We still have some fabulous events this week including the fabulous five piece Brit folk band Mawkin on Sunday, October 30th, which fuses folk, blues and rock with fab vocals and blisteringly brilliant musicianship. They will be supported by Melissa Bel; an extremely talented new singer songwriter on the Devon scene and definitely one to watch.

November begins with a wondrous mix of cinema: 'Bridget Jones's Baby' (15) on November 4th; and 'Anthropoid' (15) on November 5th, a taut WWII resistance drama based on the true story of the operation to assassinate General Heydrich in Prague, starring Cillian Murphy, Jamie Dornan and Toby Jones. Then on Friday, November 11th we have 'Café Society' (12A), Woody Allen's stylish, darkly comic look at 1930s Hollywood with Kirsten Stewart and Jesse Eisenberg. We also have 'The Girl On the Train' starring Emily Blunt on Friday, November 25th.

The live screening of the Royal Ballet's 'Anastasia' is on Wednesday, November 2nd, Kenneth Macmillan's ballet about an identity in crisis; a country in revolution and one of the great historical mysteries of the 20th century, only recently solved. At the height of the Russian Revolution the royal family were executed, but afterwards a young woman appeared – apparently a surviving royal princess, the Grand Duchess Anastasia. Many wanted to forget the massacre and the Revolution; many believed, or hoped, that a princess could have survived, a remnant of the old world.

There are some wonderful stalls and activities booked for our Beehive annual Craft Fair on sat 5th Nov from 10am until 3pm and this year entrance is free! So do pop along and have a look at all of the lovely things on

offer, refreshments will be served in our café bar so you can relax after doing your Xmas shopping!

'Private Peaceful' is the play we have all been waiting for from the Honiton Theatre Company, rehearsals are going extremely well and this promises to be a very special show. Michael Morpurgo, former Children's Laureate and award winning novelist who wrote 'War Horse', also penned this very poignant novel, even if you or your children haven't read this I would urge you to come and see it, Honiton Town Band are also making an appearance! 7.30pm 17th -19th Nov.

To top all of this we also have the Folk café absolutely free to all to come along on Wednesday, November 9th, and two very special gigs; Jo Harman on Sat 12th Nov 8pm

An intimate evening with Jo Harman takes place on Saturday, November 12th at 8pm. Recently voted 'Female Vocalist of the Year' at the British Blues Awards, Jo is an original British singer-songwriter/bandleader whose work is broadly influenced by blues, gospel, soul, country and rock. This very special, intimate, show will feature soulful, compelling performances featuring not only "bare-to-the-bone" versions of Jo's own songs but also her own take on songs that mean something special to her.

On Saturday, November 26th Peter Knight's Gigspanner will play the Beehive. Whilst traditional music forms the bedrock of the trio's repertoire, the stretching of the music to embrace other influences is what makes it appealing not only to lovers of folk music, but to anyone who has an appreciation of beautiful and inspiring music.

We look forward to seeing you soon, Wendy

Pied Piper panto read through tonight

SEATON Gateway are holding their first read through of their upcoming pantomime, The Pied Piper, TONIGHT (Tuesday, October 25th) at 7pm. The read through takes place at The Gateway, Seaton, and there will be further auditions on Tuesday, November 1st at 7pm. There are plenty of

good parts to be filled, and organisers are especially on the look out for children to play villagers and nasty rats - lots of fun to be had!

The pantomime will be performed at The Gateway, Seaton, from February 9th to 12th.

For more details call 01297 625699.

A Very Victorian Christmas in Exmouth

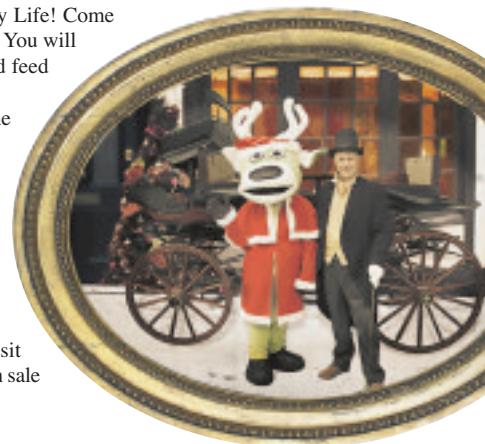
CHRISTMAS is coming to World of Country Life! Come along and visit Santa - and a whole lot more! You will ride Santa's Deer Train Safari Special to hand feed the red deer (Santa's back-up herd)!

Then step back in time and wander along the traditional Victorian Christmas street, beautifully lit in a real cosy festive theme. Enjoy roast chestnuts, mince pies and join in with some cheery Christmas carol singing before meeting Santa in his cottage workshop.

Have a go at making traditional Christmas crafts - and don't forget to meet the animals in their festive petting pen before you leave!

For full details and to secure your place visit www.worldofcountrylife.co.uk tickets* will on sale now!!!

*This is a ticket only event.



THE marine theatre
LYME REGIS • DORSET

Half Term and Halloween at the Marine Theatre

Tuesday 25th October / 7.30pm
Ukulele Magic and Mayhem
Full price: £14.00/ Concessions: £12.00

Wednesday 26th October / 2pm
Idiot's Guide to the Owl & the Pussycat
Full price: £14.00/ Concessions: £12.00
Puppetry and live music

Finding Dory (2016) (Certificate U)/ All tickets £5
MarineScreen Cinema
Thursday 27th October / 11am ONLY

Thursday 27th October / 8pm **Labels**
Full price: £14.00/ Concessions: £12.00
Funny, moving and honest play about mixed heritage & immigration.

Halloween Cinema/ Friday 28th October / 10PM
The Wickerman: Director's Cut (1973) (Certificate X)
Full price: £7.00/ Concessions: £6.00

The ultimate British cult classic occult chiller and folk musical

Saturday 29th October 7.30pm **The Collector**
Full price: £14.00/ Concessions: £12.00
A Henry Naylor adaptation about murder, evil and betrayal.

Box Office: Lyme Regis TIC 01297 442138
or buy online at www.marinetheatre.com

THE BEST FAMILY DAY OUT IN THE GALAXY

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Exmouth

ANGUS SKYWALKER'S HALLOWEEN ON TATOOINE

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*SEE OUR WEBSITE FOR FULL DETAILS

PUMPKINS • SPOOKY GAMES • & MUCH MORE
ANGUS SKYWALKER'S HALLOWEEN SHOW – FRI, SAT, SUN
*SOUTHERN TROOPERS APPEARING SELECTED DAYS

Devon's All Weather Whole Family Day Out

ANIMALS | PLAY AREAS | MUSEUMS | ENTERTAINMENT
01395 274533 worldofcountrylife.co.uk

Diary Dates

WEDNESDAY NOVEMBER 2ND

SEATON: Jurassic Folk and Jam Club at Eyre Court, 2 Queen Street, 8-10.30pm. Music and song for all to enjoy. Free admission for musicians, singers and spectators. For more details call 01404 46451 or 549903, or visit www.jurassicfolkandjam.com

SEATON: Seaton & District Probus Club. Talk by Steve Kingdon: "Open Nearly All Hours" 10.00 am at the small hall, Seaton Methodist Church. New members welcome – come and give us a try. More information from Keith on 01297 624374.

CLAPTON: Clapton & Wayford Village Hall – sew, knit & natter, 10.30am, all welcome; details from 01460 72837.

COLYTON: Colyton, Colyford and District Memory Café. At our November Memory Café we will be enjoying a talk by Dr Mike Wickins entitled 'My first home was a Prefab' and a visit from the Donkey Sanctuary, what a combination! So if you a friend or a family member is experiencing memory loss or have a diagnosis of early dementia why not come along and enjoy a friendly chat, a warm cup of tea and a delicious slice of cake. For more information ring Diane on 07970 626774

CREWKERNE: Bingo – Cash prizes – "eyes down" at 2.30pm at Henhayes Centre.

AXMINSTER: 'The Horrific Wreck of the Halswell'. Author Philip Browne tells the peculiar circumstances and fascinating story of this Dorset wreck. Captain Richard Peirce, his crew, teenaged daughters, nieces and other young ladies India bound in search of rich husbands, were all drowned. Axminster Historical Society, All Welcome 7:30 The Bradshaw Meeting Room, Thomas Whittier Hse, Silver Street

KILMINGTON: Film: "Desert Dancer (15)" – Based on a true story. Moviola screening at the Village Hall (Whitford Rd), doors and bar (wine and soft drinks) open at 6.45pm Film start 7.15pm. For more details or advance booking contact: 01297 32335. Tickets £5 if purchased in advance or £5.50 at the door.

ROUSDON: Combyrne Rousdon Social Club Annual Turkey Bingo. At Peek Hall, Rousdon. Doors 7pm, eyes down 8pm. Half time tea, coffee, pasties and hotdogs. For more details call 01297 443235.

THURSDAY NOVEMBER 3RD

CHARD: Chard Camera Club. Members will be viewing the travelling port folio of the Western Counties Photography Federation members images in the comfort of their club house at the Baptist Church hall, Holyrood Street at 7.30pm. outsiders wishing to view will be made most welcome. Further details can be obtained via www.chardcameroclub.org.uk

TATWORTH: Tatworth Flower Club will be hosting a flower arranging demonstration by local florist Angie Blackwell on Thursday 3rd November, at Tatworth Memorial Hall, South Chard TA20 2QW, doors open at 1.30pm for a 2pm start. Cakes, bring and buy and plant stalls. Refreshments available. £5 entrance fee, visitors would be very welcome.

CREWKERNE: Over 50s Keep Fit – 10am to 11am at Henhayes Centre. £2.50 for members/ £3.50 for non-members.

CREWKERNE: Physio Fit – 10.30 am to 11.45 am at Henhayes Centre. £2 for members/ £3.00 for non-members.

CREWKERNE: Short Mat Bowls. 2 – 4.30pm at Henhayes Centre. New members welcome, come and give it a try.

FRIDAY NOVEMBER 4TH

CREWKERNE: Sequence Dancing at the Victoria Hall, 1.45pm-4pm. Tea and biscuits. Raffle, £2 per person. For more details call 01935 415520 or 01308 862866.

SUNDAY NOVEMBER 5TH

SOUTH PERROTT: Autumn Bazaar in South Perrott (on A356) Village Hall from 2:30pm. Cakes, gifts, bric-a-brac, toys, raffle and teas. More information on 01935 891234. All proceeds are in aid St Mary's Church funds.

COLYTON: Colyton, Colyford and Memory Café Coffee Morning 10 till noon. Lots of stalls. £1 entrance includes coffee and biscuits

COLYFORD: Puppetcraft present 'The Tin Forest' at Colyford Memorial Hall. 2pm for the puppet making and music workshop and 4pm for the show. Tickets are available from Colyford post office or on 01297 553170. Show Tickets are £8 adults, £5 and 16 and £20 family (2A & 2C / 1A & 3C)

NORTON SUB HAMDON: Autumn jumble sale in the Village Hall. Doors open 11am. Admission 30p. Loads of bargains. Everyone welcome. In aid of Hall funds. Contact. 01935881718

HONITON: Christian Aid Coffee Morning, at St Paul's Church. Cakes, books, bric-a-brac. All welcome. 9.30am-12noon.

SUNDAY NOVEMBER 6TH

COLYFORD: Indoor Boot Sale at Colyford Memorial Hall, 9am-1pm. To book a table (£5) or for more details call 07891486839.

CREWKERNE: 'Tickling the ivories' – a Piano concert by Jonathan Delbridge at St Bartholomew's Church. A varied programme of music including

Straight Outta Cruttenden

HOST OF *Live At The Apollo* and star of Radio 4, the great Hal Cruttenden is back ranting about the real evils of the modern world – over sharing on social media, and the 5:2 diet. The more he complains the funnier he gets. Book Early.

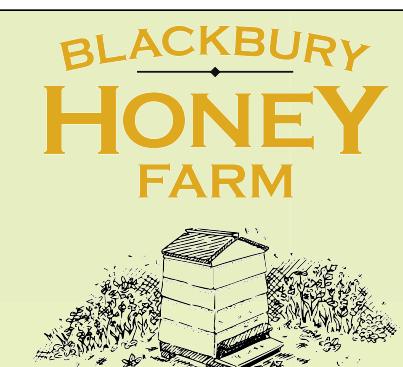
You may have seen Hal on *The Royal Variety Performance, Would I Lie To You?, The Great British Bake Off, An Extra Slice, Live At The Palladium and Have I Got News For You.*

Hal Cruttenden brings his show 'Straight Outta Cruttenden' to the Marine Theatre, Lyme Regis on Friday, November 4th. Bar opens at 7pm, and the show from 8pm. The show is suitable for ages 16+.

Tickets are £18, available by calling 01297 442138 or from the website at www.marinetheatre.com.



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Diary Dates

Gershwin, Bach, Mozart, Chopin and Bart Howard (Fly me to the Moon). Concert starts at 3:00 pm. Tickets £8 in advance, £10 on the door, available from Crewkerne Town Hall or Liz 01460 271767. Canapés included. A bar will be available.

MONDAY NOVEMBER 7TH

AXMINSTER: Carnival Bingo at the Guildhall. Doors open 7pm, eyes down 8pm.

AXMINSTER: Simple Healthy Cooking Demo with HALFF (Health and Local Food for Families), 10.30-12.30. Free healthy cooking demonstrations offering nutritional advice and cooking hints and tips for people who care for others. Includes a free meal to take home! At the HALFF Food Hub, South Street, Axminster. No need to book, just turn up, it's free. Call Ros on 01297 631782 for more information or email admin@half.org.uk.

MISTERTON: Bingo at Misterton Village Hall. Doors open 6.30pm, eyes down 7.30pm.

CREWKERNE: Physio Fit – 2 sessions 9.40 – 10.40 at Henhayes Centre, and 10.45 – 11.45am. £2 for members/ £3 for non-members.

CREWKERNE: Short Mat Bowls at Henhayes Centre. 7-9.30pm. New members welcome. Come and give it a try.

TUESDAY NOVEMBER 8TH

SIDMOUTH: East Devon Organ Club, with Ian Griffin 2.30pm at Primley Road, Church Hall.

SIDMOUTH: Tea Dance at St Francis EX10 9XH, 2.30pm **ILMINSTER:** The Warehouse Theatre in Ilminster the Ile Valley Flower Club are holding there Christmas Open evening; National Demonstrator John Chennell from Northampton will be entertaining us with the title 'In the Festive Mood'. Tickets are £10 to visitors. Tickets are available from Harrimans in Ilminster or by phoning 01460 75025 / 77233 All Welcome.

CREWKERNE: Computer Drop-in – Questions answered and help provided. 10am to 12 noon at Henhayes Centre, £2/£3.

CREWKERNE: Tuesday Welcome Group at Henhayes Centre. £2.50 incl coffee per session. For people 50+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged (£3.00) and members usually stay for a cooked lunch priced at £6.00 including tea or coffee. Please call 01460 74340 for further details.

CREWKERNE: Henhayes Knitters at Henhayes Centre. Come and enjoy a knit and natter afternoon and make items for yourself or for sale at the Centre. 2 – 4pm

WEDNESDAY NOVEMBER 9TH

AXMINSTER: Free Make & Munch with HALFF (Health and Local Food for Families), 10.30am-12.30pm. For parents and carers of children (0-18), a hands-on course of six sessions. Have fun preparing simple delicious food and enjoy eating it together. Pre-school age children welcome with parents/carers. At the Methodist Hall, Lyme Road, Axminster. To book a place call Ros on 01297 631782 for more information or email admin@half.org.uk.

COLYTON: FoStA Talks: Graham Barton 'Auctions Speak Louder Than Words'. At St Andrew's Church, 7.30pm. Tickets £5 adults, members £4, students free.

ROUSDON: Combyrne Rousdon Social Club Annual Turkey Bingo. At Peek Hall, Rousdon. Doors 7pm, eyes down 8pm. Half time tea, coffee, pasties and hotdogs. For more details call 01297 443235.

THURSDAY NOVEMBER 10TH

SEAVINGTON: Paul Atterbury best known for his appearances on Antiques Roadshow will talk about 'The Making of a Dorset Garden'. The planning and creation of his own large and private garden near Bridport. The meeting will be held in Seavington Millennium Hall, 7.30pm. Visitors welcome £2 payable at the door. More information telephone 01460 249728.

HONITON: Honiton & District Liberal Democrats Skittle Evening at The Heathfield Inn, 7.30pm. For more details call Vera Howard on 01404 47127, £3 each. Please call to book as soon as possible.

FRIDAY NOVEMBER 11TH

CREWKERNE: Sequence Dancing at the Victoria Hall, 1.45pm-4pm. Tea and biscuits. Raffle, £2 per person. For more details call 01935 415520 or 01308 862866.

CLAPTON: Clapton & Wayford Village Hall – Food on Friday, mid-day for 12.30pm start. All ages are welcome; very friendly atmosphere and good food. Please book in advance by phoning 01460 77057. Further details also available on the same number.

CHARDSTOCK: Chard Tea Dance Club Armistice Day Dance, at Chardstock Community Hall, Chardstock, 7-10.30pm. Modern Sequence and Ballroom dancing, Tea and biscuits, entry just £3.00pp. Contact Stephen 07473 660000 / 01460 68503.

AXMINSTER: Axminster Flower Club Christmas Flower Demonstration with Jenny Chance, 2.30pm at the United Reform Church. Admission £3.50 and there are refreshments and a raffle which gives everyone a chance of winning one of Jenny's flower arrangements!



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Project Manager

Required to manage creation and onward running of new digital historical archive web site for a local institution. Successful applicant must have good working knowledge of website creation and management, together with Adobe Photoshop. This two year project will largely rely on volunteer "Foot Soldiers" to carry out a large proportion of the initial cataloging. Knowledge of sport would also be an advantage. A salary of £9.5k is available to the right candidate from this Heritage Lottery Funded project.

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Pulman's Property View

TOP DRAWER

By Sam Wylie-Harris, Press Association

LIVING space comes at a premium, and if you've been hoarding all summer then autumn's the perfect time to declutter and make space for the things that will not only complement your lifestyle, but create a sense of order.

Storage solutions come in all shapes and sizes, and once you get over the horror (and chore) of having a good clear-out (do you really need those broken appliances, old magazines, clothes that no longer fit?), creating clever storage ideas can be an imaginative process that will reward you with a stylish and functional home.

SHOW TIME

"Don't just think of storage as tidying away, it's also an opportunity for you to display the things you love," says Myriam Ruffo, business leader for Ikea UK & Ireland. "The Kallax range is a perfect example of this, and can serve as somewhere to store and display your things."

Along with wall units and cabinets, the range includes a work station which not only helps squeeze in extra storage but can serve as a room divider and looks good from every angle. Available in white with a funky green trim, which can be colour co-ordinated with magazine files, house plants and decos, it also comes in piano black and a birch effect, to channel some Nordic charm.

"We're continuing to see a growing trend for Scandi-inspired interiors," says Simon Glanville, managing director at Store - A Place For Everything.

"The Scandinavian home is known for its simplicity of design, beautiful utility and pared back colours, so to get the style, look for pieces in white and birch wood that can elegantly store away your everyday items. This can be easily achieved in the kitchen or hallway, two areas which tend to become cluttered quite easily."

..: Kallax Desk Combination, £189, Ikea (www.ikea.com)

..: Northgate Flip-Top Storage Bench, £199, Store - A Place For Everything (www.aplaceforeverything.co.uk)

..: Skandi Kitchen Storage Basket, £22, Store - A Place For Everything (www.aplaceforeverything.co.uk)

..: Kreisdesign Peg It All: Pegboard In Natural Birch Plywood, £175-£195, The Maker Place (www.themakerplace.co.uk)

FIT FOR PURPOSE

"Storage needs to be practical, but there's no reason why it can't also be a beautiful addition to your room," says Molly Park, a designer at Oliver Bonas. "Transform your clutter into a decorative feature with roomy storage baskets - we have some woven from sea grass with a geometric print - to combine style with function."

Another problem-solver is to make something out of nothing, such as the space under the stairs. Trolleys on wheels can easily slide into nooks, and graduated shelving units can become an extension of the stairs. You can even create a bookcase - and still have room for a storage basket.

Banisters can be a lovely decorative feature, but if you're guilty of using them to drape your jackets over, a stylish coat peg with a shelf above will provide a tidy home for gloves, hats, shopping bags, dog leads and outdoor attire.

..: Raskog Trolley, £49; Knuff Magazine File - Set of 2, £7; Fladis Basket, £16; Skubbare Basket, £8; Valje Wall Cabinet, £17, Ikea (www.ikea.com)

..: Sage Grid Eight Shelf Mix Match Storage Unit, £225, Oliver Bonas (www.oliverbonas.com)

..: Sea Grass Storage Baskets, £19 each, Oliver Bonas (www.oliverbonas.com)

..: Perpignan 5 Hook Coat Rack, £95, Cuckooland (www.cuckooland.com)

..: Dorset Charcoal 4 Door 1 Drawer Storage Unit, currently reduced to £1,008 from £1,600, Laura Ashley (www.lauraashley.com)

NEW ORDER

With the change in seasons, it's definitely time to pack away your summer wardrobe. If there's space under the bed, now's the time to utilise it.

"By using under-bed storage bags or boxes, you can easily store out-of-season clothing and blankets, or other seldom-used items," says decluttering expert Suzanne Baker, The Holding Company. "Most wardrobe spaces are poorly planned, so don't be limited by the standard hanging bar and shelf; install additional rods or purchase stackable shelves."

"In the living room, look for a solution that features shelving or drawers above or below, to really maximise vertical space. Shelving solutions are available in attractive finishes, and to create clever storage solutions, think vertically.

"Another way to increase storage capacity is to purchase end tables or ottomans that double as storage areas."

Wondering what to style next to your ottoman, or need a seat that can double up and offer greater storage capacity? Investing in a storage sofa bed might be an idea.

"Clever storage solutions are worth their weight in gold," says Vanessa Hurley-Perera, chief product officer at Sofa.com.

"Our Fleetwood sofa bed is a three-in-one multifunctional piece of furniture, working as a comfortable perch by day and spacious guest bed by night, with the added bonus of having clever storage space that's ideal for extra bed linen, towels or your summer wardrobe."

And if you find yourself struggling to find homes for all the smaller bits and pieces, Ikea has a wide range of storage accessories, available in a choice of styles.

"It's easy for spaces to become cluttered and messy if you don't have an organised structure in place - we all know the feeling where we avoid putting something away because we just don't know where to put it," says Jill Reedman, interior design manager for Ikea UK & Ireland. "Boxes, files and in-drawer dividers can help to create organisation in any room."

..: Summer Clothing Zip Up Storage Box, currently reduced to £25.96 from £39, The Holding Company (www.theholdingcompany.co.uk)

..: Handbag Zip Up Storage Box, currently reduced to £25.96 from £39, The Holding Company (www.theholdingcompany.co.uk)

..: The Fleetwood Three Seat Storage Sofa Bed in Slate Highland Tweed, £980 (www.sofa.com)

..: Elvarli White 2 Section, £329, and 3 Section, £333, storage unit (in store only); Knipsa Basket, £16; Marius Stacking Stool, £3, Ikea (www.ikea.com)



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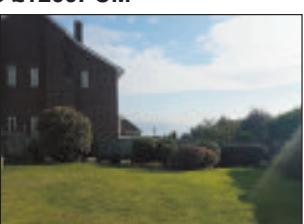
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Honiton Office 01404 46222

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A well presented three bedroom semi-detached bungalow in a quiet location a short distance from the town. Offering enclosed garden and parking. Garage to be negotiated. Available now. EPC to be confirmed.

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An impressive four bedroom spacious bungalow located in the sought after village of Kilmington. Available November. Winter Let only, fully furnished. Council tax and water rates included. EPC band to be confirmed.

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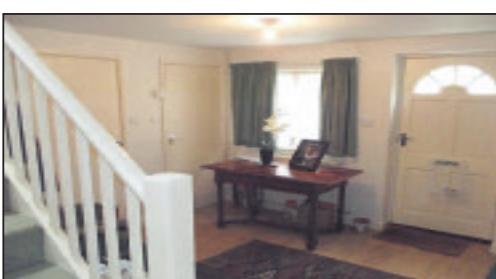
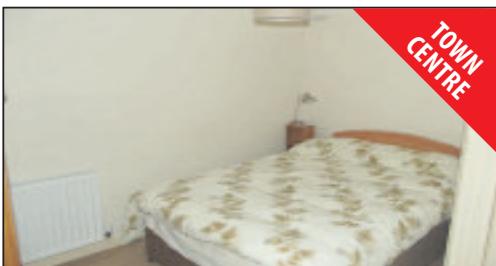


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A well-presented two bedroom ground floor flat located just a short walk from the town centre. Ideal for those looking for good sized accommodation, with parking, centrally located together with outside space for al fresco wining and dining. Tenure: Leasehold EPC: D

CHARDSTOCK

£194,950



A three bedroom family home situated in the popular village of Chardstock which is located on the edge of the Blackdown Hills. Tenure: Freehold EPC: TBC

RAYMONDS HILL

£400,000



A three bedroom detached bungalow on a level plot located at Raymonds Hill on the outskirts of Axminster. The location is ideal for those purchasers who require easy access to the coastal resort of Lyme Regis just a few miles away and the facilities on offer in the nearby market town of Axminster. Tenure: Freehold EPC: E

AXMINSTER

£235,000



A substantial semi-detached four bedroom house offering well-proportioned accommodation. Positioned in a popular area to the south of the market town of Axminster, this home would make an ideal purchase for buyers with a growing family, who are seeking a larger property. Tenure: Freehold EPC: C

AXMINSTER

£325,000



A detached four bedroom family home, situated in a popular location on the southern edge of the market town of Axminster. This substantial property dates from the 1930's and offers well-proportioned accommodation including a master en-suite. Worthy of note is the large kitchen and lounge/diner area, which has been thoughtfully modernised to create a social hub for the family. Tenure: Freehold EPC: D

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Colyton, 4 Bedroom Detached Country Home. £675,000

A superb four bedroom country home in an outstanding rural location with gardens and grounds approaching three acres. Outstanding panoramic views over the hills and countryside surrounding Colyton. Formal garden areas. Paddocks. Garage/workshop and outbuildings. EPC rating E.



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Beer, Substantial Shop and Spacious Flat. £450,000

A substantial commercial freehold property at the heart of the village comprising a spacious shop unit with a large three bedroomed owners flat above. Shop EPC rating E, Flat EPC rating F.

**Beer, Delightful 2
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Cottage. £320,000**

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Musbury, Attractive Bungalow in Village Setting. £335,000

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Beer, Attractive 4 Bedroom Detached House. £489,000

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Beer, To Let 3 Bedroom Semi-Detached House. £850 pcm

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Beer, To Let 2 Bedroom Character Cottage. £745 pcm

Available immediately. A modern character cottage style property located in Beer and having the benefit of an enclosed garden and a parking space. Living room, fitted kitchen, two bedrooms and bathroom. No pets. No children. No smokers. No DSS. Fully furnished. EPC rating D. Fees Apply.



Colyton, To Let 3 Bedroom Semi-detached House £900 pcm

An attractive three bedroomed semi-detached home in an excellent town centre location with the benefit of a large barn at the rear. Courtyard garden. Garden room. Parking with storage areas. Gas CH. Oak staircase. Exposed flooring. EPC rating E. Fees Apply.



Colyton, To Let 3 Bedroom Terrace House. £825 pcm

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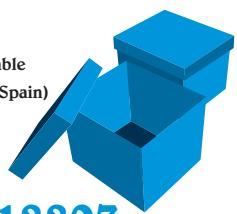
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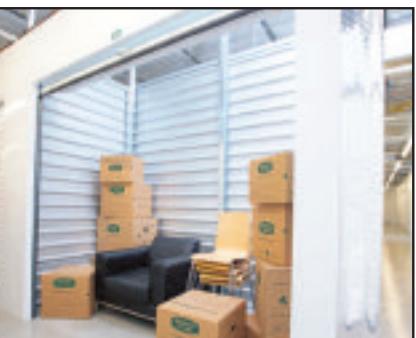
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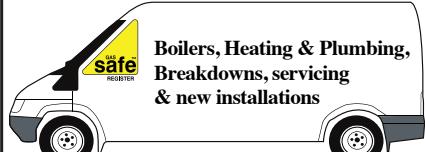
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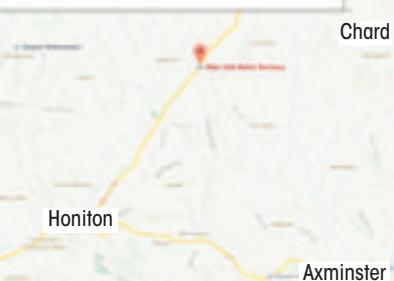
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Barrington edge through in cup classic

Saints thrashed on own turf - Blunn bashes four as Missy reach semis

Chard Town 3 Almondsbury UWE 3

Toolstation League Division One - att; 63
Chard Town's six-game run of home matches came to an end with a disappointing draw against basement dwellers Almondsbury.

The visitors opened the scoring in the 11th minute through Joe Black who was left unmarked in the Chard penalty area.

But The Robins were level ten minutes later when James Boyland fired home his seventh goal of the campaign.

The lead last until the half hour when Ben Farrell made it 2-2, but the hosts edged back in front five minutes before the interval when Max Westlake squeezed a shot just inside the post.

The visitors came out for the second-half on the front foot and duly rounded off the scoring in the 49th minute courtesy of an Ashley Knight strike.

The points sees Chard drop to 10th ahead of Saturday's trip to lowly CORSHAM TOWN.

Chard Town: Jon Hill, Pat Golden (Matt Howell 77), Cian Cabell, Kieran Bailey, Shaun Wells-Burr, Luke Jackson, Scott Jakeman (David Duatre 62), Max Westlake, Taufiq Bensalem, Steve Friend (Scott Martin 88), James Boyland. Unused subs; Jack Dicker, Ryan Mason.

Axminster Town 2 Appledore 0

SW Peninsula League D1 (E)

Two goals in the second half saw Axminster Town extend their unbeaten run to seven matches and move back up to second spot in the table.

A feisty first 45 ended goal less and it stayed that way until the 65th minute when Oscar Latas broke the deadlock with the visitors appealing unsuccessfully for a foul on their keeper.

Appledore were then reduced to 10 men after a rash challenge and the Tigers capitalised when Jon Hurford's through ball set Luke Finn free and the striker sealed the win.

Axminster bring the curtain down on the first half of their season when they visit midtable TEIGNMOUTH on Saturday.

Axminster: Scott Wells-Burr, Craig Every, Mark Smale, Mark Scott, Elliot Dyer, Chris Duchenski, Liam Cleal, Ben Vine, Danny Clay, Nathan Warren, Oscar Latas. Subs; Jamie Barfoot, Jon Hurford, Luke Finn.

SOMERSET LEAGUE - D1W

COMBE ST NICHOLAS 0 PORTISHEAD TOWN RES 9

COMBE St Nicholas drew a blank for the fifth game in a row as they were thrashed by title contenders Portishead.

Things started well for the hosts who looked good for 25 minutes and they deserved to be in front.

"We had a perfectly good goal disallowed," said manager Phil Loaring who was then forced to shuffle his line-up after an injury.

The visitors struck twice before half-time before going to bag seven in the second period as Saints heads dropped: "We just gave up, it's the worst result I've had as a player or manager. I certainly want to forget this one," said Loaring.

Combe have now lost seven on the spin ahead of Saturday's trip to face fellow strugglers Glastonbury.

After a weekend off ILMINSTER TOWN return to action with a League cup group match at Division One (West) outfit Broad Plain House.

Devon & Exeter League

EXETER UNIVERSITY 4TH 0 PERRY STREET 1 (D3)

HAVING lost the reverse fixture 3-0 just seven days ago Perry Street turned things around to end the students' seven-game unbeaten start.

Street were on top the first half but failed to take any of the four or five decent chances they created. The points were decided when a home defender headed a free-kick into his own net for the goal that lifted Andy Bond's side back up to fourth.

ILMINSTER TOWN RESERVES 3 K & M POLONIA 0 (D7)
A TRIO of second-half strikes saw the Ilminster second-string maintain second place in the table. Kamil Wilk started the goal trail off when he converted a free-kick.

The win was secured by a double from first team skipper Brad Miles. Ilminster welcome lowly COLY-



◆ **PROMOTION CONTENDERS:** Unbeaten in Division One so far, Merrriott Rovers look well set to mount a charge to regain their place back up in the Perry Street League Premier Division. Line-up, standing, from left; Lee Haines, Luke Gosney, Mark Tweedie, Sam Rowswell, Lee Holt, Rob Stubbins, Andy Mortimer, Jimmy Rees, Nick Mortimer. Front; Gavin Charles, Jack Steer, Craig Gosney, Dan Childs (Manager), Martin Case (Chairman), Matt Bullock, Dan Rudge, Jak Flatt.

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PERRY STREET LEAGUE

CORONATION CUP Quarter Finals

THE pick of Saturday's Coronation cup quarter-finals ties was surely at Shelway Lane where BARRINGTON booked their place in the semi-finals after beating SOUTH PETHERTON on penalties after the two teams were locked at 5-5 after two hours of pulsating cup-tie action.

"It was a great effort from all 14 of my players," said Barrington boss Sid Brown who saw his side pegged back from 3-1, and then grab a equaliser late on in extra time having been reduced to 10 men after Tom Butler was shown a second yellow card by referee Tom Richardson.

Goals from Carl Lazanyi, Sam Spurway and Pat Coll had the hosts in control at half time with Ryan Thurgood on target for the Magpies.

Spurway squandered a good chance to extend the lead in the second half and Pethy battled back to 3-3 with goals from Thurgood and Hayden Smith.

The visitors thought they had taken the lead through Ashley Smith but his effort was ruled out to the dismay of Petherton manager Karl Diment: "It was a perfectly good goal, but the referee ruled it out after a long conversation with the home linesman."

The hosts then lost Butler in extra time but still went 4-3 ahead through Gethyn Jenkins following a defensive error.

Back came Petherton and Thurgood completed his hat-trick and they then went ahead when Ashley Smith made it 5-4 in the 118th minute. Barrington felt an injury to one of their players in the build-up meant Pethy should have returned them the ball.

But there was still time for Guy Dare to complete the scoring and force the penalty shoot-out. From here it was the hosts' experienced stopper Stu Parris who took centre stage with two superb saves as his side won 3-1 with successful penalties from Spurway, George Hayward and Coll.

The three remaining ties all brought away wins. Rich Hebditch (3), Shane Evans (2), Murray Legg (2), Russell Legg, Roger Cummings and Ryan Gay scored the goals as BEAMINSTER thrashed struggling NETHERBURY 10-0.

Meanwhile four-goal Jack Blunn was the star in MISTERTON's 7-1 hammering of WEST & MIDDLE CHINNOCK. Scott Jennings (2) and Jason Rendall also netted for Missy. Alex Eckland grabbed a life-line for the Chinnis at 2-0, but some indifferent defending saw this snatched away.

"I don't think either side can say the scoreline reflected our performance," said said Chinnis joint boss Dan Harvey. "We made defensive errors and failed to take a hatful of chances and were punished by a quality side. I'm confident if we can get

everything to click then a big win is just around the corner."

It was tighter at Jocelyn Park where WINSHAM UNITED defeated hosts CHARD UNITED 3-1. Winsham led through a Darren Spurle penalty, after Toby Thorne had been fouled, and header from Lee Smolden, and clinched their win with a second penalty, this time successfully converted by Thorne and he had been fouled once again. Alex Ives netted for Chard.

SF draw: Winsham Utd v Beaminster, Barrington v Misterton.

DIVISION ONE CUP Quarter finals

SATURDAY'S three Division One cup quarter-finals yielded an astonishing 28 goals!

SHEPTON BEAUCHAMP RESERVES failed to register but visitors HAWKCHURCH UNITED clearly found the open spaces of Brimsgrove Lane to their liking as they plundered nine with James Melville (3), Andy Dymond (2), Brad Cross, Dan Richards, Brad Pearce and Tom Chubb all finding the net.

Over at Slades Cross, Robbie Walker (3), Andy Stevenson (2), Craig Studley and Chris Warry scored for FORTON RANGERS in their 7-1 thrashing of COMBE A.

Elsewhere, free-scoring MERRIOTT ROVERS were at it again with strikes from Jack Steer (3), Andy Mortimer, Nick Mortimer, Luke Gosney, Sam Rowswell and an og proving far too much for ILMINSTER TOWN COLTS in a 8-3 win. Kaymon Linsey (2) and Charlie Male (pen) scored for the Blues.

SF draw: Forton Rangers v Waytown Hounds or Uplyme, Hawkchurch Utd v Merrriott Rovers.

"It was a lack lustre performance, we got the three points, but need to improve next week," said Shepton player-manager Doug Whitfield.

DIVISION ONE: South Petherton Res 2 (D.Goodson, M.Gold) Pymore 10 (T.Hussey 6, S.Webb 1, A.McCleary 2, L.Proctor), Uplyme p Barrington Res p (Barrington have withdrawn from the league).

DIVISION TWO: Farway Utd 2 (F.Souza, L.Rogers) Chard Rangers 6 (J.Capper 2, S.Marshall, S.Curtis, J.Newbury, S.Loader), Halstock 6 (B.Bristler, M.Cawley, J.Parratt, C.Tanner, J.Tavener, C.Kirk).

Crewkerne Rangers 0, Thorcombe 4 (K.Smith 2, L.Male 2) Kingsbury 2 (J.Bateman, A.Ordierno), Winsham Utd Res 3 (J.Allan 2, C.Sutherland) Dowlish & Donyatt 3 (D.Vining 2, L.Cox) 3.

Dowlish & Donyatt are still awaiting confirmation, but are hopeful of playing their home matches at Seavington following the recent fire at their club house.

DIVISION THREE: Chard Rangers Reserves 4 (K.Cavanagh 2, A.J Evans 2) Farway Utd Res 4

(J.Murphy, B.Harris, S.Trim, A.White), Chard Res 1 (I.Bacal) Fivehead 2 (T.Sykes, D.Dabinett), Crewkerne Rangers Res 1 (T.Martin) Merrriott Dynamos 2 (D.Larcombe, D.Baker), Forton Rangers Res 7 (B.Marsden 2, S.Baker, S.Packer, J.Alford, J.James, J.Hall) Thorcombe Res 3 (D.Mather 3), Ilminster Town A 1 (C.Brown) Lyme Regis Rovers 5 (P.Peacock, T.Wood), Misterton Res 5 (S.Weston 3, C.Preston 2, OG) Uplyme Res 1 (J.Harris).

FIXTURES – Saturday, October 29th

PERRY STREET LEAGUE

DIVISION ONE CUP (2pm)

Waytown Hounds v Uplyme

KEN HODGES CUP

Combe A (D1) v Fivehead (D3)

JACK VENN CUP R1

Dowlish & Donatt v Farway Utd (at Ilminster)

Halstock v Chard Rangers

Premier

Beaminster v Chard Utd

Combe Reserves v Barrington

Shepton Beauchamp v Misterton

South Petherton v Drimpton

West & Middle Chinnoch v Netherbury

Division One

Hawkchurch Utd v South Petherton Reserves

Pymore v Shepton Beauchamp Reserves

Division Two

Chard Utd Reserves v Charmouth

Kingsbury Episcopi v Crewkerne Rangers

Winsham Utd Reserves v Thorcombe

Division Three

Chard Rangers Reserves v Drimpton Reserves

Crewkerne Rangers Reserves v Ilminster Town A

Farway Utd Reserves v Lyme Regis Rovers

Merrriott Dynamos v Thorcombe Reserves

Misterton Reserves v Forton Rangers Reserves

Uplyme Reserves v Chard Utd All Stars

running round up

Silver for Loveridge in 200-strong Weymouth 10k

AXE VALLEY RUNNERS

with Dave Mutter

PAUL Lloyd travelled to Portsmouth to take part in the GREAT SOUTH RUN and managed to run the 10 miles in 2:11:58 14,803rd out of 26,000 running the race.

Last weekend Graham and Diane Newton travelled to the Netherlands, along with over 42,000 other runners, to take part in the 41st AMSTERDAM MARATHON weekend.

Graham lined up for the start of the marathon in the historical Olympic Stadium. The route follows part of the Olympic course running along the Amsel River, through the famous Rijksmuseum, winding its way through the heart

of the city past canals and windmills, to finish for a final lap around the stadium.

Graham was pleased to finish in 3:34:08, in 2,603rd position overall, and 8th in his age category. Diane finished the half-marathon in 2:49:25.

HONITON RUNNERS

with Judy Davey

THERE was a great turnout of 26 from the club for the recent Exeter's Half Marathon, the Ashfords GREAT WEST RUN.

David Hawker (1:33:50) was first home beating his PB followed by Adam Tomkins who ran his first half marathon in 1:34:21. Steve Selley was next in 1:35:41 and new member Gavin Rice in

1:37:25. Roger Saunders followed in 1:38:16 (2nd in his age category). Richard Harris struggled after a bad cold to finish in 1:43:09.

Sarah Wheeler was the first lady back in 1:44:13 closely followed by Emilie Tones in 1:44:20. Sam Pollard in 1:46:51, David Perkins in 1:49:25, and Paula Ferris in 1:49:31.

Jenny Sleeman equalled her PB in 1:50:01 and just managed to overtake Pippa Westall in 1:51:13.

Lin Pike was overjoyed to run a PB in 1:56:49 and Andrew Ashford close behind in 1:57:38. Sharon Wells led a group of Honiton runners home in 1:58:28 with Tony Peek and Claire Rouse both in 1:58:58.

Several first timers for a Half Marathon followed with Kat Tomkins in 2:01:55. Karen Lister and Anna Dalzell both in 2:04:26, Teresa Pollard in 2:05:46. Vanessa Knowles was next in at 2:08:40, Cathy Layzell in 2:10:09, Rachel Horwood in 2:14:00 and Carol Turnham in 2:14:35.

Several first timers for a Half Marathon followed with Kat Tomkins in 2:01:55. Karen Lister and Anna Dalzell both in 2:04:26, Teresa Pollard in 2:05:46. Vanessa Knowles was next in at 2:08:40, Cathy Layzell in 2:10:09, Rachel Horwood in 2:14:00 and Carol Turnham in 2:14:35.

Last Sunday five members took on the challenging Exmoor Stagger over 16 miles of multi-terrain. Runners are taken up to the highest point on Exmoor, Dunkery Beacon, and back down again. Steve Davey had a fantastic run coming 64th in 2 hours 37 while Richard Harris finished 94th in 2:46:27 with Mark Dallyn hot on his heels 21 seconds later. Judy Davey finished in 2:48 coming

101st.

Pippa Westall was delighted to come in under the 3 hour mark in 2:58. The winner was James Baker of Chichester Runners in 1:54.

CHARD ROAD RUNNERS

with Paul Masters

DAN Cahill headed off to take park in the 34th running of the Stroud Half Marathon on Sunday - a mainly flat road half sported a large 1400 runners. Cahill finished an excellent 12th/1400 and a time of 1h 18m 17s.

Meanwhile, Wayne Loveridge took part in a 10-mile race in Weymouth finishing in an excellent 3rd position in the 200-strong field in a time of 58m 07s.

crib honiton

RESULTS: Feniton Soc B 5 Honiton Inn A 3, Honiton Inn B 5 Feniton Soc A 3, Thirsty Farmer 1 Workingmens A 7, Vine Inn A 5 New Fountain 3, Workingmens B 2 Blacksmith Arms 6.

Captains Cup: Audrey Hawkins 0 Lionel Hawkins 1, Brenda Flood 1 Lorraine White 0, Julie Davis 1 Steve Pettitt 0, Maureen Pendarick 0 Mike Dent 1, Rita Freemantle 1 Julie Bath 0..

Fixtures - Oct 27th; Blacksmith Arms v Thirsty Farmer, Feniton Soc A v Vine Inn A, Honiton Inn A v Honiton Inn B, New Fountain v Workingmens B, Vine Inn B v Feniton Soc B.

	Pld	Pts
Blacksmiths Arms	7	35
Workingmens A	7	32
Feniton Social B	7	29
New Fountain	6	27
Vine Inn B	6	26
Feniton Social A	6	25
Honiton Inn A	6	23
Workingmens B	6	22
Honiton Inn B	6	21
Vine Inn A	6	21
Thirsty Farmer	7	19

	Pld	Pts
Captain's Cup		
L.Hawkins	6	6
H.Hawkins	6	4
R.Freemantle	6	4
J.Bath	6	3
B.Flood	7	3
J.Davis	6	3
L.White	7	3
M.Pendarick	7	3
S.Pettitt	7	2
A.Hawkins	6	2
M.Dent	6	2



◆ WELL DONE: Helen Martin, Chew Valley Lake Sailing Club Vice Commodore, 2nd left, presents the Top Club Trophy to Sutton Bingham sailors Andrew Frost, Chris Jones and Kelsey Green

sailing sutton bingham

Sutton' sailors are Top Club

IT was a very successful weekend for Sutton Bingham sailors who travelled up to Chew Valley Lake Sailing Club.

On Saturday Andrew Frost and Chris Jones competed in the RS Aero Open Meeting along with 35 other RS Aero sailors. The light winds meant that many regular seven rig sailors sized up to the nine making this the largest or the three fleets.

Frost won the five rig fleet convincingly with three straight wins and by a considerable distance in the final race.

Jones had more of a battle on his hands in the 7s fleet posting a 2nd, 3rd and 1st to take second overall.

Sunday was Chew Valley Sailing

Club's Visitors Day, incorporating the Top Club Trophy.

Five sailors from Sutton Bingham Sailing Club took part and won the event, beating Portishead, Datchet Water, Thornbury and Bradford on Avon.

The morning was a handicap race with fast and slow fleets. Chris Jones in his RS Aero 7 was 2nd in the fast fleet with Ian Jay 4th in his Finn.

Andrew Frost sailing his RS Aero 5, finished 2nd in the slow handicap and Kelsey Green sailing a Laser 4.7 was 4th.

The afternoon race was a full pursuit race, where the slower boats start first

and are pursued at intervals by the faster boats according to their handicap rating.

Sailing for around two hours in pretty breezy conditions to complete the race was quite a test of endurance. Jones was 6th, Frost 8th, Richard Cumberbatch in his Phantom 9th and Green 14th.

A total of 39 boats took part in the event and overall positions for the Sutton Bingham team, combining the scores for the two races were: 2nd Andrew Frost, RS Aero 5, 4th Chris Jones, RS Aero 7, 10th Kelsey Green, Laser 4.7, 11th Richard Cumberbatch, Phantom, 19th Ian Jay, Finn.

on the frontier around the local skittles leagues

COLYTON

Div 1: Vine B 343 (D Blackmore, K Gush 60) Colcombe A 360 (G Parsons 66); Seaton FC A 339 (D Hales 62) Tuckers Arms B 375 (K Tratt 76); Lamb A 334 (S Pomeroy 70) Honiton Con D 318 (W Tratt 61); New Inn A 349 (N Jones 64) Red Lion Cavaliers 369 (W Phillips 69); Red Lion A 395 (C Miller 77) Colcombe B 383 (L Summers 68); Colyton Club A 362 (P Clode, S Berry 65) Axminster Con A 344 (B Stuckey 66); Gerrard A 364 (T Underdown 68) Lamb B 383 (B Dicks 72).

Div 2: Sidbury Stones 383 (P Barham 84) Tuckers Arms A 380 (D Dower 67); Colcombe Beerboys 402 (C Vine 78) Vine A 411 (C Every 95); Kings Arms Beers 333 (J Gladstone 62) Volunteer A 371 (M Gillard 71); Honiton Converts 366 (D Lapping, A Rose 67) Dolphin Vikings 391 (S Morris 75); Ship C 372 (M Clement 74) Eagle Tavern 326 (C Hutchings 70); Wheelwright A 322 (C Hammets 65) Honiton WMC A 330 (G Chandler 63).

Div 3: Colcombe B 434 (M Bleaken 89) White Hart B 391 (G Binsmore 73); Wilmington Harts 392 (P Richards 72) Three Tuns BTP 330 (M Davies 61); Colcombe Wanderers 351 (G Hayball 70) Kingfisher A 336 (S Richards, A Bishop 61); Vine Nomads 353 (P Norman 67) Red Lion Sidbury 358 (P Warren 68); Volunteer B 326 (S Holdsworth 69) Sidbury Village Inn 300 (N Anthony 54).

Div 4: Rising Sun B 340 (K White 68) Heathfield A 344 (D Crab 70); Honiton Con A 343 (P Crab 65) New Inn B 350 (D Hodder 70); Honiton WMC B 348 (G Hart 70) Rising Sun A 331 (T Churchill 67); Winstons A 342 (B Parker 61) Axminster Inn A 347 (D Morgan 70); Tuckers Arms C 331 (R Dare 63) Seaton FC B 327 (D Park

70); Div 5: Honiton Con Raiders 324 (S Eveleigh 63) Seaton Bowling 331 (Hazel Smith 62); Sidmouth Arms Kings 352 (D McCullum 74) Offwell B 344 (S Scotland 68); Kingfisher B 274 (A Hurford 60) Colyton Club B 293 (S Riley, M Berry 53); Heathfield B 335 (M Glaser 65) Winstons KOOTS 368 (J Miles 78); White Hart A 346 (B Parr 73) Colcombe Nomads 355 (J Channon 68).

Division One Pld Pts

Red Lion Cabs 5 10

Axe Con A 5 7

Colcombe A 5 6

Honiton Con D 5 6

New Inn A 5 6

Woolton C 5 6

Volunteer A 5 8

Flying Turkeys 5 8

Hatch Beagles 5 2

Ship C 5 5

Colcombe Beerboys 4 4

Gerrard B 4 4

Dolphin Vikings 4 4

Royal Oak Faces 4 3

Axe Tavern 4 3

Honiton WMC A 4 4

Kingfisher A 4 4

Wingfield A 4 1

Tuckers Arms A 5 0

Woolton Cabs 5 0

Woolton Stars 5 2

Woolton Cabs 5 2

Woolton Stars 5 2

tee off golf news

Linda leads home Honiton Grannies

HONITON with John Pawley SUNDAY brought the last organised match for the Mixed, for the present year. Visiting Exeter they won 4-2 to complete the year with a tally of eight wins and just one defeat.

Monday saw the final match in the Seniors friendlies when Honiton defeated visitors Long Sutton 5-1. Of the 33 matches played Honiton won 17 and lost 13, with 3 draws.

There was a good turnout of 32 for this week's Tuesday Mixed competition.

The format was an American Foursomes which sees both players driving, then each playing their partner's ball for the second shot before choosing the preferred ball, and playing alternate shots thereafter.

Heather Clarke & Stewart Slater won with a score of 33 points. Next, on count-back, were Olwen Eaton & Ken Wood followed by Catherine Doherty & Peter Clarke with 31 while Joan Smith & Paul Ritchie were fourth with 30.

The Ladies competed for one of

two Cups; the Grannies Cup for those eligible and the Bournemouth Cup for the others.

Autumnal conditions meant that scoring wasn't high for these Stableford competitions.

The Grannies Cup winner was Linda Blundell with 31pts with Janet Hughes next with 29. The Bournemouth Cup was won by Anne Davies with 32 with Hilda Hoepfner second with 31. Taking just the Stableford scores the Silver Division winner was Ann Trayling (28) with Sue Ritchie (27).

Bronze 1 winner was Anne Davies with Hilda Hoepfner second. Bronze 2 winner was Jan Portlock (29) with Cherry Liell (25) while the nine-hole Stableford winner was Vera Richardson (16) with Carole Booth next.

Last Friday Seniors Captain Alan Pollock took a team to play in the Quantock Stag Trophy at Enmore Park GC.

Overall 14 clubs from the area were invited for this the 4BBB event, with one score to count from each of the four two mens teams.

Honiton finished third,

their best ever result, with 162 points, beaten by the Mendip Spring GC team and Long Ashton GC.

A further 56 Seniors took part in a Texas Scramble at Honiton on Friday. Mike Sennitt, David Lee & Alan Devenny came first with a net 64.0, closely followed by David Scott, John Pawley & Robert Canterbury on 64.4. Max Pipe, John Frith & Peter Blake with 65.5 were third, and John Fleetwood, Bill Phillips & Howard Pritchard took fourth with 66.1.

There were two twos: Mike Kent and Pat Purtell at the 2nd, David Hughes at the 4th and Tom Tunnicliffe and Bill Phillips at the 12th.

AXE CLIFF with Peter Motson THE Ladies section played a County Prize Stableford competition and there were some close scores.

Margaret Kenchington finished 1st with 34 points, 2nd was Sandra Walker with 33 and in 3rd place was Stella Thompson with 31.

The Seniors section played their Quarterly cup match was

won by Nigel Garwood with 32 points, in 2nd place was Gilbert Cox with 31 and in 3rd place was Alan Vincent with 30.

CRICKET ST THOMAS

with Bert Robinson

THE Seniors started last week with Monday's "waltz" competition when 39 members

formed 13 sides with all team members required to register a score on six holes.

Result: 1st Martyn Putland; Jerry Stevens & John Livens 85 points, 2nd Mike Aldridge; Bryan Frost & Martin Leigh 78, 3rd Mike Burt; Trevor Dobson & Bert Robinson 77.

On Wednesday 45 Seniors formed 15 teams to participate in a stableford tournament.

In near perfect conditions, the golf was of a high standard and with most members playing to near par, many teams returned scores in excess of 100.

Alan Chance led his team into the clubhouse having posted a score of 101 but the favourites, led by John Wallis emerged as victors with an impressive score

of 106, mainly due to Danny Dowell's 40-point haul.

Result: 1st John Wallis; Danny Dowell & Peter Spencer-Farr 106 points, 2nd George Willerton; John McOmish & Ian Griffiths 104, 3rd Alan Chance; Frank Martin & Chris Gingell 101.

The Saints' Seniors match team entertained AXE CLIFF on Thursday in their penultimate match and avenged defeat in the away leg with a 6-0 whitewash.

Results: Nick Hill & Stuart Pope won 5&4, Bob Barrow & Nick Clarke won 4&2, Roger Stone & Bob Hollingsworth won 3&2, Alan Chance & Ian Fielder won 4&3, Keith Potter & Lyndsey Gage won 4&3, George Wallace & John McOmish won 5&4.

The Seniors completed their week on Friday with 30 members entering a 2 man Medley competition. This format includes 4ball better ball, foursomes and Greensomes rules.

Result: 1st John Pearce & Bryan Frost 44 points, 2nd Norman Markby & John McOmish 37, 3rd Rod Stevens & Colin Ireland 36.

darts chard

Shane remembered



◆ WINNERS: Leighton Cox and Steve Rutter receive the trophy from league President Ian Scott.

THE Shane Goodall Memorial Trophy was set up in 2014 in memory of the former Madhouse Crew (Bell & Crown) player.

The first winners of this

pairs competition were Robin Cox & David Mears and they were followed this

Premier Division	Pld	Pts
Fammie Js	16	189
Mighty Oaks	14	183
Phoenix Clubbers	14	160
SS & The Boys Too	14	150
Bazbers BE	14	146
Projectile Disjunction	14	146
We can do this	14	116
HRT	14	112
Madhouse Crew	14	99
Weiners & Baps	13	98
180s leaders: G. Hill 8, L. Cox & R. Cox, A. O'Bern & B. Allen all x3.		

Division One	Pld	Pts

darts colyton & district

RESULTS (1001/Pairs first) Week 4: Vault B 1 (1)

Kings Arms 4(5); Kingfisher A 3(3) Golden Hind 2(3); New Inn 0(3); Kingfisher B 5(3); Halesy's Bar

1001 pairs Tucker Cup	Pld	Pts
Halesy's Bar A	3	14
Kings Arms	3	11
Vault A	4	10
Kingfisher B	3	10
Dolphin A	3	8
Vault B	4	8
Halesy's Bar B	2	7
Kingfisher A	3	7
Golden Hind	2	5
New Inn	3	2
Clarence A	2	1
Dolphin B	2	1

Singles - Maundrill Cup	Pld	Pts
Halesy's Bar A	3	13
Vault A	4	12
Dolphin A	3	11
Kings Arms	3	10
Kingfisher A	3	10
Vault B	4	10
Halesy's Bar B	2	9
Kingfisher B	3	8
Golden Hind	2	6
New Inn	3	5
Clarence A	2	4
Dolphin B	2	4

angling ilminster aa

In-form Baz hits top

ELEVEN Ilminster AA members fished round two of the V.E.S. Precision league on a very low and clear River Isle on Sunday.

Despite the temperature dropping over the last few days, the leading weights were still good but the majority of anglers struggled for bites.

Baz Morgan, fishing the pole and caster, had a lovely day in peg 120 at Isle Brewers, catching dace, chublets and roach for 16lb 3oz and a comfortable win.

Rob Cox was second with three big chub weighing 9lb 4oz from peg 108 on the pole and caster, with all his fish coming in the last hour.

Jamie Rich only needed 4lb 14oz for third place from peg 14, catching dace, chublets, gudgeon and roach on the pole and caster.

Sections; A - Adie Bishop (Taunton) - 15oz, B - Justin Charles (Ilminster) - 4lb 2oz.

The next round of the V.E.S. Precision league is on Sunday, November 6th, the draw is at the Royal Oak between 8.30 and 9am.

WITH GLYN HUGHES

bowls feniton & honiton

Wellworthy thrashed in Denny cup encounter

HONITON with Julie Grant THERE were mixed results for Honiton bowlers, two good wins and a loss in the friendlies, and a win, draw and loss for the ladies in competitive games.

Honiton won on all four rinks and by 100-56 against SIDMOUTH, the best rink (30-17) being, Harry Riley, Laraine Carr, Daphne Courtney & Dulcie Broughton.

Against FENITON in a triples friendly Honiton won 74-51, top triple Richard Bland, Fred Dart & Jimmy Smith 24-14.

The men lost a friendly 60-62 away at MADEIRA, Honiton's best were Alan Fuller, Tony Williams, Gerry Stafrace & Bill Nicholls 24-23.

The ladies started the county league matches with a 70-55 win in the Lane triples against MADEIRA, best triple; Gloria Randall, Carole Pidgeon & Pearl Hackwood 28-8.

In the national 4 rinks Yetton Trophy Honiton lost 63-74 to SIDMOUTH, winning at home but losing away. Top rink (19-15) were Yvonne Williams, Di Hawkins, Pat Whitworth & Di Morley.

Honiton live to fight another day in the Yetton Plate which they won in 2015. The next round is to be

played against SOUTH HAMS on November 5th.

CREWKERNE SMBC with Gordon Bodily

Friday, October 14th - eight members went to MARSTOCK smbc for a mixed friendly, scores; Gwen Saunders, Tricia Harris & Gordon Bodily 2-11. Pat Crisp, John Lacey & Amy 15-7. Ken Bonney, Kathy Bonney & Sid Crisp 11-4. Ken Bonney, Kathy Bonney & Sid Crisp 12-6. Pat Crisp, John Lacey & Amy 12-5. Gwen Saunders, Tricia Harris & Gordon Bodily 8-4. Final score Martock 37 Crewkerne 60.

CHARD with Janet Bodily FRIDAY, September 30th - six members travelled to SIDFORD BLUE smbc to play an East Devon League game; Scores (Singles) Norman Sumpter 5-10, Roy Vaux 6-11, Norman Sumpter 9-5, Roy Vaux 6-8. (Pairs) Hilary Angold & Dave Angold 2-11. Jenny Cornelius & Gillian Leighton 4-9. Hilary Angold & Dave Angold 6-7. Jenny Cornelius & Gillian Leighton 4-12. Final score Sidford Blue 73 Chard 42.

Friday, October 14th our visitors were six members from ST TERESA'S

smbc to play an East Devon League game, scores; (Singles) Norman Sumpter 3-8, George Milner 8-6, Norman Sumpter 7-4. (Pairs) Hilary Angold & Dave Angold 12-2,

Beatrice Callagan & Glen Milner 9-3, Beatrice Callagan & Glen Milner 11-2, Hilary Angold & Dave Angold 14-3. Final score Chard 68 StTeresa's 38.

Thursday, October 6th MILFORD & DORMOR MIXED TRIPLES LEAGUE; Musbury 3

Greyhounds 22, Canaries 7 Robins 14, Trull 8 Hurricanes 16.

Thursday, October 13th; Greyhounds 20 Trull 6 Hurricanes 17 Musbury 11. Harlequins 23 Canaries 5.

ILMINSTER with Des Maull WITH the indoor season now under way Ilminster have been playing in National Competitions. In the Egham mixed match Ilminster played YEOVIL in a two rinks home and two away with Ilminster winning two rinks and losing two and losing 70-57 overall. Details; Home, Alison Attey, Sue Spurway, Ian Lightfoot & Peter Matravers 14 P Colby 13; Myra Childs, June Checketts, Rowland Garland & Paul Denslow 8 M Tritton 21; Away, Angie Thompson, Norma Pugh, Neil Rowe & Matt Hamilton 14 B Colvin 18; Dot Whelan, Eileen Becky, Bev Brister & Will Anderson 22 B McCoombe 14.

WELLWORTHY were the opponents in the men's four rink Denny Cup match. Ilminster proved too strong winning 93-39. Details; Home, Gerry Morris, Colin Spurway, Ian Lightfoot & Peter Matravers 19 T Vincent 11; In the national 4 rinks Yetton Trophy Honiton lost 63-74 to SIDMOUTH, winning at home but losing away. Top rink (19-15) were Yvonne Williams, Di Hawkins, Pat Whitworth & Di Morley.

Honiton live to fight another day in the Yetton Plate which they won in 2015. The next round is to be

scored by the Chard coaches decided in the club's current plight to play the players that were prepared to train hard and the effort these young lads made was there for all to see.

The first 20 minutes were scoreless but Drybrook eventually went ahead in bizarre circumstances. A lineout was awarded to the visitors even though the touch judge had not given it and the referee was some way away. Drybrook made the most of their good fortune and scored a

good converted try. They increased their lead with a penalty and just before the interval added a second try to lead 15-0 at the break. Chard had their moments with Luke Aplin, Will Hopkinson, Dave Biss and newcomer Ash Bryant prominent. Drybrook increased their lead 15 minutes into the half when they broke through to score under the posts. The forwards were unlucky not to

get any reward for their efforts, and, as the team chased the game in the

final quarter to try and get on the score sheet, they made some curious decisions which were exploited ruthlessly by the opposition backs.

The only way is up for Chard who will be hoping that some of the players carrying injuries will soon be back to bolster the squad.

Next weekend Chard are away at fellow strugglers Midsomer Norton while Chard 2nd xv are at home to Wiveliscombe 2nd xv (3pm on the

main pitch).

Wellington 10 Chard 24 Somerset Colts League

THIS was an evenly contested match in the first half but Chard's greater fitness showed through in the 2nd period and they pulled away for a comfortable win.

Wellington took an early lead with a try following a charge down but Chard soon equalised and with both teams getting a try each the half-time score stood at 10-10.

In the second half two converted tries from Chard sealed a fine victory. Try scorers for Chard were Noah Carroll, Ben Locke and Adam Moore (2). Barnaby Down kicked both conversions. Joe Mainwaring and Ross Colenso made significant contributions but man of the match went to Thomas Chapple Smyth.

Next week the colts are at home to Clevedon Colts 3pm at Crewkerne Road.

More CRFC news and photos on www.viewnews.co.uk

rugby chard rfc

Another hefty defeat, but Chard continue to battle on

Chard 0 Drybrook 50
South West One
Did Chard deserve to lose this game?...of course they did!
Did they deserve to lose by such a large margin...absolutely not.
Did they give up?...Not a chance!

The reason Chard lost by such a significant margin is quite simply that in the final 15 minutes of the match they conceded four converted tries (28pts) most of which were a result of inexperience which led to naivety in decision making as they chased



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Impressive 37 personal bests at Millfield

A SQUAD of 33 swimmers recently represented Chard Swimming Club in Round One of the Western Division National Swimming League held Millfield School writes Heather Pullinger & Pete Davis.

Chard fought a very tough round 1 draw against seven other south-west clubs, and, despite a disappointing final place, achieved some good times.

Result	Gala Pts	Lge Pts
City of Bristol A	326	8
Seagulls	272	7
West Dorset	241	6
Southwold	226	5
Neath	225	4
Newton Abbot	219	3
Bath	147	2
Chard	138	1

The team gained 37 personal best times and nine top four positions in the 50 events.

Five swimmers achieved Individual top four places:

Open: Hannah Pullinger 4th 100m breaststroke.

15/Under: Henry Taswell 3rd 100m back-

stroke, 4th 100m butterfly
13/Under: Briana Barrand 4th 100m breaststroke

11/Under: Grace Lambert 1st 50m breaststroke, 2nd 50m butterfly, Freddie Coles 11, 4th 50m backstroke.

The relay teams also showed some determined swimming, with two top four positions achieved by the 9-11 years Girls Freestyle and Medley teams of Esme Huntley, Mia Porter, Kaitlyn Flannigan, Grace Lambert and Alice Clark.

Full team - Girls: Hannah Pullinger, Lauren Harrison, Sophie Jones, Flo Swan, Xanthe Dyer, Megan Herbert, Briana Barrand, Millie Downes, Abi Greenslade, Mia Huntley, Holly Bigger, Esme Huntley, Mia Porter, Kaitlyn Flannigan, Grace Lambert, Alice Clark
Boys: Jay Kindred, Jamie Pullinger, Leo Kindred, Iain Ross, Ben Greenslade, Henry Taswell, Simon Davis, Oliver Bright, Louis Rood, Jimmy Brett, Jamie Porter, Louis Whittome, Ben Webb, Freddie Coles, Lyndon Smith, Sam Hare, Harrison Larcombe.

If you want to find out more about Chard Swimming Club visit www.chardswimming.org.uk



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